



WATER-CURE



JOURNAL

A GUIDE TO HEALTH, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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General Articles.

HERE Contributors present their own Opinions, and are alone responsible for them. We do not indorse all we print, but desire our readers to "PROVE ALL THINGS," and "HOLD FAST THE GOOD."

HEALTH OF THE TROOPS.

BY R. T. TRALL M.D.

IN the June issue of the WATER-CURE JOURNAL we presented some suggestions calculated to promote the health and comfort of all who engage in the trade of war, whether "loyalists" or "rebels." And as our health messenger circulates among those who are fighting for the "right of secession," as well as among their opponents who do battle for the "enforcement of the laws," we can not very well, if we would, be professionally partial in this controversy. Acting, therefore, for the welfare of both, we may be regarded suspiciously by each. But fortunately for us and for humanity, maxims of health are not "contraband of war." They come not in the category of niter, brimstone, rifled cannon, and revolvers, although they may, in many instances, be made to minister more to the "aid and comfort" of the parties con-

cerned, than all of them together. We hope, most devoutly, that we shall not be accused of "misprision of treason" if we do not limit the circulation of our medical and hygienic suggestions to one side of the line of demarkation between the contending forces. And besides, we think that doctors and ministers should never be compelled to become partisans in any war with carnal weapons, whatever may be their private opinions or feelings. There is never any lack of muscle, human or bestial, for war purposes, but head and heart—heart especially—is often very sadly deficient. Somebody should be consecrated to the high and exclusive calling of taking care of the bodies of men and ministering to their souls, wherever humanity can be recognized, and whether political or geographical distinctions have classed them as friends or foes. For ourselves, moreover, we have conscientious scruples against killing a fellow-being, or being killed by one. Though not nominally in communion with the Quakers, we belong most emphatically to the Peace Society; and although we can not fight for either side in the manner it proposes, we can help both in our own way.

Governor Andrews, of Massachusetts, upon the recommendation of the medical commission, has ordered the publication of the following directions for the sanitary conduct of troops in the field. They contain some excellent suggestions:

"Soldiers should recollect that in a campaign, where one dies in battle, from three to five die of disease. You should be on your guard, therefore, more against this than the enemy, and you can do much for yourselves which nobody else can do for you.

"1. Avoid especially all use of ardent spirits. If you will take them, take them rather *after* fatigue than before. But tea and coffee are much better. Those who use ardent spirits are always the first to be sick, and the most likely to die.

"2. Avoid drinking freely of very cold water, especially when hot or fatigued, or directly after meals. Water quenches thirst better when not very cold, and sipped in moderate quantities slowly, though less agreeable. At meals, tea, coffee, and chocolate are best. Between meals, the less the better. The safest in hot weather is molasses and water with ginger or small beer.

"3. Avoid all excesses and irregularities in eating and drinking. Eat sparingly of salted and smoked meats, and make it up by more vegetables, as squash, potatoes, peas, rice, hominy, Indian meal, etc., when you can get them. Eat little between, when you have plenty at meals.

"Wear flannel all over in all weathers. Have it washed often when you can; when not, have it hung up in the sun. Take every opportunity to do the same by all your clothing, and keep everything about your person dry, especially when it is cold.

"5. Do not sit, and especially do not sleep, upon the ground, even in hot weather. Spread your blanket upon hay, straw, shavings, brushwood, or anything of the kind. If you sleep in the day, have some extra covering over you.

"6. Sleep as much as you can, and whenever you can. It is better to sleep too warm than too cold.

"7. Recollect that cold and dampness are great breeders of disease. Have a fire to sit round whenever you can, especially in the evening and after rain, and take care to dry everything in and about your person and tents.

"8. Take every opportunity of washing the whole body with soap and water. Rub well afterward. If you bathe, remain in the water but a little while.

"9. If disease begins to prevail, wear a wide bandage of flannel around the bowels.

"10. Keep in the open air, but not directly exposed to a hot sun. When obliged to do this, a thin, light covering over the head and neck, in the form of a cap with a cape, is a good protection.

"11. Wear shoes with very thick soles, and keep them dry. When on the march, rubbing the feet, after washing, with oil, fat, or tallow, protects against foot sores."

It would seem at first thought that armies necessarily live so much of an out-door life, that suffering for want of air and ventilation would be quite out of the question. But in camps and hospitals the contrary is very generally true. Impure and confined air has often been a great source of mortality. When closely congregated in large numbers in barracks, soldiers are proverbially inattentive to the importance of ventilation, especially at night. Thoughtless or heedless of the fact, that the necessity of fresh air is in the direct ratio to the numbers that are crowded together in a given space, they often breathe a noxious atmosphere when there is an abundance of the pure article all around them, and thus generate fevers, bowel complaints, local inflammations, rheumatisms, etc.

Another point of equal importance is cleanliness of person, and of the surroundings. A very common source of putrid fevers, cholera, malignant erysipelas, typhoid pneumonias (denominated "pleuro-pneumonia," when affecting domestic animals), and dysenteries, in the encampments of armies, are decaying animal and vegetable offal, and accumulated animal excrements. These are sometimes allowed to accumulate until the whole atmosphere becomes rank and reeking with the miasms of disease and death.

The commanders of modern armies would do well to study that memorable campaign of olden times, wherein Moses led the rebellious and sensual children of Israel a forty years' journey through the wilderness. Had Moses been as reckless of hygienic considerations as are the Medical Commissioners of most modern armies, not a man, woman, or child among his followers would ever have seen the promised land. He insisted most rigidly on personal cleanliness. He guarded carefully against all sources of atmospheric contamination. He would not even permit the camp ground to be defiled in any manner. All animal excrement was to be buried in the earth at a distance. This is the only proper way, excepting decomposition by fire or by chemicals, to dispose of offal or effete matter of any kind. In no other way can it be prevented from breeding epidemics and contagious diseases. And the health of our people, all over the country, in war or in peace, would be vastly improved if this simple truth were heeded. The hog-pens, barnyards, and privies of our country farmers, as generally managed, are often the sources of an unsuspected infection that induces typhus fever, and destroys one or more members of the family. And the stables, cess-pools, and markets of our cities are continually filling the air with the contagion of small-pox, measles, scarlatina, diphtheria, etc., despite the great attention which is paid to cleanliness in other respects.

These remarks have a special application to life in camps. In all prolonged wars, when soldiers spend the larger portion of their time in camps or barracks, many more die of disease than are killed in battle. Hence an army of one hundred thousand men, each of whom could be insured against being disabled from sickness, would, for all the practical purposes of a campaign extending through a period of several years, and even for several months, be more than a match for an army of twice that number subject to the usual contingencies of sickness.

Thus far we have heard of but little sickness in any of the departments of either army; but as the warm season approaches, we have reason to expect the prevalence of more or less of the diseases incident to that season. Much is said of the excessive drinking of cold water as a cause of summer complaints. The great danger lies further back. It is in the use of such dietetic articles, drinks, or condiments as provoke inordinate thirst. All highly seasoned dishes should be avoided. Much salted meat is very objectionable. It would be a vast improvement in the commissariat if fresh meat could always be provided instead of salted. But as this is impossible, we recommend the cooks to *freshen* the salted meats by soaking out a part of the salt. This might render it somewhat less palatable to those who are accustomed to strong seasonings, but it would be much more wholesome, and to some extent obviate preternatural thirst and inordinate water-drinking.

Potatoes and other vegetables should be employed with the flesh-meat (or without it), when practicable; and good fruit is always in order at meal times. But soldiers should guard against the too common practice of indulging freely in fruits at other times, and especially such fruits as they have not been accustomed to. This was one of the sources of sudden attacks of disease, and sometimes fatal attacks, in Walker's army in Nicaragua.

The newspapers and medical journals are prolific of advice to "our army," much of which we should rather commend to "the enemy" than to

our friends. Reports have been circulated that, in some instances, attempts have been made to poison the water and the food of the adverse party, and this sort of warfare is regarded as decidedly unchristian, if not absolutely fiendish. But we are sorry to see our soldiers recommended to supply themselves liberally, and to take plentifully, as preventives of disease, deadly poisons in the shape of drug medicines.

A correspondent of the *Tribune* remarks:

"An army for the conquest of Canada would stand more in need of New England rum, with possibly Guinea capsicum to keep it from freezing in the stomach if watered with the usual faithfulness of Yankee trading thrift, than Peruvian bark, or any of the oxides of mercury; but we to a column who penetrates to the rice coast of Georgia without their full rations of quinine and calomel. Regular bowels and robust breathing lobes are as essential to the perching of the conquering eagles as breech-loading rifles or Colt's revolvers. Even sulphurous preparations for irritation of the cuticle have been found to be, in ancient and modern war, a powerful aid to the sanitary tranquillity of the camp."

Such reasoning is in harmony with the medical logic of the day; but we believe it to be bad theory and worse practice. A proper attention to the dietary, to ventilation, and cleanliness are infinitely better than rum and capsicum for Northern, or calomel and quinine for Southern troops, and far preferable to sulphurous irrigations of the skin of soldiers North and South. A little coarse bread, made of unbolted meal, is worth more than all the alcohol, pepper, mercury, quinine, and sulphur in Christendom to protect the soldier from Northern colds, guard him against the miasms of the rice swamps, and keep the bowels and skin in good condition. If those who have the supplying of the bread rations would allow the flour to retain the finer parts of the bran, only sifting out the coarser particles, it would advantage every soldier more than a whole apothecary shop could. Some of the most eminent of the British surgeons have testified to the great improvement of the health of the soldiers when bread made of unbolted flour had been supplied them.

Any soldier who has a fire that will cook anything, can make as wholesome an article of bread as was ever eaten, in twenty minutes. Wet unbolted wheat or corn meal with boiling hot water into a rather soft dough; roll it out into small rolls or cakes, and bake in a quick oven or stove, or before a fire, or under hot ashes. FANCHER & MILLER, in New York, sell an article of crackers made of wheat-meal and pure water, which will preserve their flavor and good qualities, if kept dry, for weeks, and even months. They ought to be a part of the rations of every soldier. Samples have been sent to the war department, who have courteously acknowledged their reception, and promised to examine into their merits.

The following communication from Dr. G. P. Hachenberg, of Coxsackie, N. Y., has been published in the papers, and contains some excellent suggestions:

"It is said that our soldiers going South have more to contend with in the climate than with the enemy. That the hot sun is likely to kill more than the bullet. Let us admit that it is so; then the question naturally arises, is this unfavorable state of things without a remedy? We think not.

"We believe in acclimation, but we don't believe that the process of acclimation kills more than the imprudence and recklessness of many that go through this process. It is an error to suppose that the deleterious effects of the Southern climate is owing to great heat. It is sometimes the case that the thermometer at Quebec is higher than it may be for the season in New Orleans. The heat South is not often as great as what we find in the city of New York; but the difference is, the heat is more unvarying than it is with us. This unmitigated heat, accompanied often with miasm, has a debilitating effect upon the body. Now, under these circumstances, when the body is

abused by imprudence, it becomes an easy prey to disease.

"We would propose the following rules for the preservation of the health in a Southern climate:

"1. Have the skin protected with a light, fine flannel undershirt. Bathe or sponge the body every day, or every other day. On marches in the hot sun, avoid a cravat, and keep a wet or damp handkerchief in your hat. Preserve your beard. Protect yourself with an India-rubber blanket either from rain or the damp ground. Eschew India-rubber apparel as ordinary clothing.

"2. Hungry as you may be, always eat prudently. Avoid eating much meat, particularly pork. Abstain from all intoxicating drinks. Drink but moderate quantities either of tea or coffee. Never swill your stomach with any kind of fluids. You can use vinegar and pepper as a condiment. Of course, your diet is to be mainly of a vegetable kind.

"3. The debilitating effects of the climate may be counteracted by a good vegetable tonic, and not as it is usually done by ardent spirits; and that which will answer the very best purpose is quinine, which may be taken once or twice daily, in five-grain doses, when the body is much exposed or fatigued. At the same time, the utmost care should be exercised to maintain a daily evacuation from the bowels. When laxatives are taken, they should *always* be taken in very moderate doses, for purging in hot weather is to be deprecated. The Compound May Apple Pills, or the Simple Pills of the U. S. Ph., will often answer the best purpose in keeping up a uniform action of the bowels. To man, quinine is a God-send in hot and pestiferous climes. Like liquor, or even food, it can be abused; but seldom if taken with a regular action of the bowels, and when taken only through the period of languor."

Of course we do not indorse the druggery part of the advice. The quinine, May Apple Pill, etc., had a thousand times better be omitted. The free use of quinine may indeed suppress symptoms of ague and fever for a time, in miasmatic districts, but only by inducing chronic internal disease and breaking down the whole nervous system. Its seeming advantages, at best, are very transient, and are followed by sure and permanent debility.

A writer in the N. Y. *Times* says: "What our men especially need is good medical advice. If some skillful physician could prepare a medical tract, addressed to soldiers, giving ample common sense advice about health in camp and on the march, and then if the public would scatter 200,000 copies or more, it would be a most useful thing."

The N. Y. *Medical Times*, in an article on Military Hospitals and nursing, acknowledges the vast importance of Hygienic medication:

"How shall we save our citizen soldiers from preventable diseases and death, is the most momentous question of this war. Both from the National and the State Medical Bureaux we have received positive assurances that whatever can be done, shall be done, for the preservation of the health of the troops. But it must be borne in mind by our profession throughout the country, that without an intelligent comprehension and estimation of the principles and practical application of *hygienic medicine* by the army medical corps, the good purposes of the central authorities will necessarily fail of their proper accomplishment. Therefore let every candidate for army service be well posted in all that pertains to camp and hospital hygiene."

On the subject of clothing, a few more words may pertinently be said: "Light clothing is certainly more wholesome and comfortable than dark. But all outside garments should perhaps be of mild colors, for the reason that it does not afford the enemy so plain an object to fire at. Hats or caps should always be of light colors, at least not black. There is a great difference between a white and a black felt hat, in the matter of comfort, on a hot summer's day, as any one can easily prove by experiment. Nor should the Havelock cap-cover be forgotten. It is a light

linen covering protecting the head and neck, costs but a trifle, and can be carried in the pocket when not worn on the head. It is an admirable preventive of sun-stroke. The ladies of New York have presented one thousand of them to the Seventh Regiment. Will not other ladies be as considerate for other regiments?

S. B. Ruggles, Esq., has published the following:

"MEMORANDUM.—Experience has shown that troops serving in warm climates greatly need protection from sun-stroke, often quite as dangerous and fatal as the fire of the enemy.

"The provident care of the British officers in India, and in the Crimea, furnished their soldiers with thick, white, linen cap-covers, reflecting instead of absorbing the heat of the sun, and having a cape long enough to fully cover the back of the neck. They were also extensively worn by the French at Solferino.

"They derive their name, 'Havelock,' from their very advantageous use by the soldiers under the command of that judicious and brave commander, in the defense of Lucknow against the 'Sepoys.'

"The average temperature of the regions around Washington is quite as high as that of Lombardy or of the Crimea.

"The pattern of the present cap-cover was obtained by one of our City Associations from a British officer who had served in the Crimea. It is, however, stated that some of the troops in that campaign protected themselves from sun-stroke by winding scarfs around their caps, made of thin Swiss muslin, about two yards long. They could not have been as convenient in use as the cap-covers.

"A covering of some description will be indispensable for our troops when serving on the scorching plains of the South.

"Flannel has been suggested as a proper material, but white linen seems to be generally preferred.

"About fifty covers can be made from a piece of linen twenty-three yards, costing about thirty cents a yard; and about seventy from every ten yards of thick white linen sheeting, two yards and a half wide, and costing about sixty-five cents a yard.

"A common traveling trunk will contain about eight hundred cap-covers."

The soldier's knapsack, with all its trappings and strappings, should be of as light material as consistent with durability. There is room for much improvement here. The adoption of a light India-rubber sheet to defend the body from rain during a march, and from the damp ground at night, with India-rubber drinking cups and other light utensils, would be also advantages of no small importance.

In some places insects are exceedingly annoying, and prevent all quiet repose. A writer in the *Tribune* suggests the following remedy:

"Mix oil of pennyroyal with olive oil, and anoint the exposed parts of the person with it, when few, if any insects will annoy one thus guarded.

"It is said that flies will not bite a horse if he is wet each morning with a decoction of walnut leaves.

"Horses that are to be landed through a surf should be protected from drowning by a cork-lined wrapper about the neck and chest."

We can not close this article without a reference to a suitable provision for the moral needs of those who go forth to battle for their country. The moral education and welfare of the soldier is usually much worse cared for than the physical. But this should not be. This efficiency and reliability depend quite as much on the moral as on the bodily stamina. Next to the personal presence of the chaplain should be an ample supply of fresh and instructive reading matter. Nothing is more intolerable to a soldier than inertia. It is, indeed, an impossibility. He must and will be doing something. If while idling away one half or three quarters of his time in the dull routine of camp life, he has no source

of mental occupation or recreation, he will take to mischief; and gambling and drinking are the almost inevitable resources of this kind. Hence good books, and especially the newspapers and sterling periodicals of the day, should be provided in ample abundance. Government could not possibly make a better investment for itself than to provide liberally in this respect. Then would lyceums, literary associations, extemporized theaters or schools, and a high sense of honor and duty, take the place of gambling, drinking, rowdiness, insubordination, treachery, and desertion.

THE TEETH, AND THEIR TREATMENT.—No. 1.

BY A DENTIST.

HISTORICAL.

THE importance of the teeth, and the inconveniences and painful consequences attending their disease and destruction, place the art of the dentist among the most important of the arts that have been acquired by the ingenuity and intelligence of mankind. The sufferings incident to the diseases of the teeth must have secured some attention to this branch of pathology at a very early period. Yet there are few allusions in the ancient records that would lead us to suppose that this subject received much distinct attention from the surgeons and medical practitioners of those times. Herodotus, however, tells us that by the Egyptian laws, the diseases of the teeth were assigned, for treatment, to a particular class of physicians who were confined to that branch of therapeutics alone, as others treated exclusively the diseases of the eyes, others those of the head, others those of the bowels, etc.

By this apportionment of medical duties, and a life-long confinement of each practitioner to a single branch, it is not improbable that considerable skill was acquired in the several departments; but of the peculiar modes of treating the teeth which were observed by the Egyptian dentists, Herodotus leaves us in ignorance. There is no doubt, however, that they possessed the art of extracting them when their removal became necessary. An inspection of the skulls of ancient Egyptians, that have been collected in various cabinets, while it affords evidence that teeth were extracted by surgical processes, presents no indications that those processes were unskillful, as would be shown by a loss or deformity of the alveoli. Copper pincers or forceps supposed to have been used for the purpose of extracting teeth have been found in the ruins of the offices of Egyptian barbers, and from this it has been supposed that teeth were extracted by that class of persons.

Hippocrates, the celebrated Grecian physician, who lived about 350 years before Christ, while writing upon the physiology and pathology of the other organs of the human system, wrote also concerning the teeth, their diseases and treatment, though in such a way as to indicate that but an imperfect knowledge concerning these organs had been obtained at that period. He recommends their removal when decayed and loose, but does not describe the process by which their removal was then effected.

Celsus, who lived near the time of Christ, gives

the first directions on record for the extraction of the teeth. His plan was, by means of an instrument called the *vulsella* (a frightful-looking pair of pincers) to shake them well in the jaw until they became loose, and then pull them out. In some instances, however, Celsus preferred the application of the red-hot iron or boiling oil to the teeth to make them crumble to pieces—an operation which we can not suppose to have been particularly agreeable to the patient.

Galen, who wrote in the latter part of the second century, had a better idea of the structure and physiology of the teeth than any of his predecessors; but he erred in supposing them to be mere bones, to be classed with the other bones of the system, and his surgery was far from commendable.

As the dark ages came on, dental science suffered the obscurity which fell upon all other branches of human knowledge, from which it recovered only with the revival of letters and the dawn of that general intelligence which has glorified the latter age beyond all preceding periods. Nearly three hundred years ago Ambrose Paré, in his celebrated work on surgery, exhibited some important accessions to the knowledge which had been obtained by the ancients concerning the anatomy, physiology, and pathology of the teeth, and several writers during the next two centuries exhibited some slight acquisitions in this department; but not until the publication of the work of John Hunter, the first part in 1771 and the second part in 1778, was the firm foundation laid upon which the art and science of dentistry as now existing was based. We must not forget, however, to include among the important stones in this foundation, several excellent treatises that were written by the French anatomists and physicians during the latter part of the last and the fore part of the present century, among the authors of which the names of Bichat, Fauchard, Jourdain, Delabarre, Serres, and others, deserve honorable mention.

But, notwithstanding the numerous contributions to the literature and the theoretic knowledge of the subject, dentistry as an art did not attain to any great degree of perfection until after the commencement of the present century. Experience and persevering effort by that time developed a practical skill which was successful, to a considerable extent, in arresting the diseases of the teeth and restoring them to health, as well as providing convenient artificial substitutes for those that were lost. Up to that time, of course, England and France had the credit of producing almost the only learned and skillful practitioners in this department. The dental art was introduced from these two countries into the United States about the time of the Revolution. A dentist of the name of Le Mair accompanied the French army which came over to our aid against England during that struggle, and soon after him came a dentist from England of the name of Whitlock; and from these two persons dentistry in the United States may be said to have had its origin. Little is known of the professional abilities of Le Mair and Whitlock, but it is probable that they were chiefly confined to the carving of artificial teeth out of blocks of ivory.

It seems that the first native American dentist was a Mr. John Greenwood, who commenced practice in New York about the year 1788. About the year 1790 he constructed an entire set of artificial teeth for General Washington, and five years after, these having been injured and returned to him, he made for Washington a second set, which for neatness of execution were quite equal to any that had been made in Europe up to that time. A part of this first set was given, by a son of Mr. Greenwood, to the late Dr. Harris, professor in the Dental College at Baltimore, a few years ago. These pieces were carved out of ivory and secured in the mouth with spiral springs.

In 1794, Mr. Greenwood was joined in the profession in New York by a Mr. Woofendale, from London, previous to which a Dr. Spence, who had received instructions from Le Mair, commenced

the practice in Philadelphia; and about the same time Dr. Gardette came over from France and established himself in dental practice in the same city. Having received instructions from some of the best dentists in Paris, Dr. Gardette soon acquired great reputation, which he enjoyed to the day of his death.

From these scions, and occasional transplantations from Europe, the number of dental practitioners in the United States gradually increased, yet so slowly that up to the year 1820 the number did not greatly exceed one hundred. After that period, however, the increase was more rapid, but the progress of the science and art did not keep pace with the numerical increase of its practitioners until after the establishment of the *American Journal and Library of Dental Science* in 1839. This Journal served as a medium through which the knowledge of each practitioner, accumulated by years of experience and toil, was communicated to the others, and with its establishment, together with the formation of the *American Society of Dental Surgeons*, and the establishment of the *Baltimore College of Dental Surgery* that soon followed, was given that impulse to improvement in all branches of the art that has resulted in giving to American dentistry an acknowledged superiority to that of any other nation.

These brief statements, historical, which have been deemed important in the commencement of a series of articles on the subject, will be followed in subsequent numbers of this JOURNAL with such descriptions of the anatomy, physiology, and pathology of the teeth, together with such directions for their preservation in health, as may seem calculated to instruct and interest the masses, and as every reader may find useful in his own case. We shall also, ere we close the series, give general descriptions of the various kinds of artificial substitutes for lost natural teeth which the mechanical skill of dentists has brought to such wonderful perfection within the last twenty-five years. In speaking of these, we shall describe the advantages and disadvantages of each kind, giving needed advice to those who use them, etc.

LAYS OF AN ANTI-SHAVER.

BY TENDER SKINNE, ESQ.

(Supposed to be written in the year 1830.)

WHEN deep in the darkness of shaving we lay,
And hacking and hewing our lips was the fashion,
How gloriously beamed the first dawn of the day
That told us to put both a beard and moustache on!
How gladly we welcomed the few gallant men
Who, 'mid legions of lunatics, dared to be sages—
Who boldly discarded the razor, and then
Redeemed our smooth chins from the thralldom of ages!

'Tis strange to reflect that, in times not long past,
Men stood every morning well armed at a mirror,
Assaulting their faces, nor looking aghast,
To think of the wound that might follow an error—
And all to do what? To resemble a girl!
For this they could coolly bid nature defiance,
Incurring so brainlessly trouble and peril,
And wasting the time that might teach them a science.

Sure never was madness so monstrous! When love,
Or wine, or ambition, sends men to the devil,
At least they've some adequate motive to prove
An excuse for their folly, a plea for their evil;
But here, with gashed chins, like a reaper to mow
The harvest of hair the Almighty had given—
'Twas enough to rejoice all the demons below—
'Twas a scourge upon earth and an insult to Heaven!

O ye my dear friends of the masculine gender—
From peer to mechanic, from gentle to simple,
Just think on the time when your skins were so tender,
And you shuddered to see the blood gush from a pimple;
And own that the long flowing beards we possess
And our manly moustaches are quite an improvement;
Then down with all folly in conduct and dress! [ment!]
Three groans for the razor! three cheers for "the move-



PORTRAIT OF VINCENT PRIESSNITZ.

LIFE AND CHARACTER OF VINCENT PRIESSNITZ.*

BY JOEL SHEW, M.D.

PRIESSNITZ was born, on the fourth day of October, 1799, at Graefenberg, a small hamlet situated about half way up one of the Sudetes, a chain of romantic and beautiful mountains in Austrian Silesia, in Germany, and near a small town, Freiwaldau, containing about three thousand inhabitants. Although of humble origin, he could not be considered, strictly speaking, as "an ignorant and illiterate peasant," as his father was a respectable landed proprietor, and he received the rudiments of an education, such as is given in the Catholic schools of that country; which, however, it must be admitted, is far inferior to that afforded by our excellent schools, in the north of the United States, or in those of the Protestant parts of Germany. But the lack of a good education was in nowise sufficient to render dormant the remarkable powers, the strong will, and the indomitable perseverance of so great a mind as he possessed. This the facts of his life abundantly show.

It is not my intention, in the present article, to enter into a detailed account of Priessnitz's discoveries. For my present purpose it is sufficient to remark, that at the age of thirteen he sprained his wrist, and, suffering much pain from the inflammation thus caused, he instinctively pumped a stream of cold water upon it, from which he experienced great relief; but as this could not be kept up constantly, his already inventive genius led him to put the cooling bandage about it, which he renewed as often as his feelings of comfort dictated. Not long after this, being engaged at work in the woods, he met with the misfortune of crushing one of his thumbs, when he again resorted to his favorite remedy, and with similar success as before.

* Republished by desire from the WATER-CURE JOURNAL for 1852.

These comparatively trifling accidents, however, were not sufficient fully to arouse the energies of his youthful mind to the great importance of water as a healing agent. It was in the sixteenth year of his age that he met with an injury that well-nigh cost him his life, and no doubt had much to do with his after illnesses and his death. He was engaged in the hay field, driving a young horse with a load of hay down the mountain, when it became necessary to cog one of the wheels, to prevent the too rapid descent of the cart. While standing before the horse, holding him by the head, others being engaged at chaining the wheel, the horse took a fright and ran violently down the hill. Priessnitz, unwilling to allow the animal to destroy himself, held on, and was dragged down beneath his feet. While in this posture, three of his teeth (two of them upper incisors) were broken, and his arms and body severely bruised. The cart also passed over his body, breaking three of his ribs; when taken up he was insensible. While in this state, the government surgeon at Freiwaldau, being summoned, probed his wounds and pronounced them incurable. After returning to his consciousness, Priessnitz, feeling the most intense agony from his wounds, bethought himself again of the virtues of cold water. He tore off the bandages which the surgeon had applied, and substituted in their place cold swathings. By persevering in the application, the violence of the inflammation was subdued, the pain alleviated, and he felt confident that he should, after all, recover. He replaced his broken ribs as well as he could, by pressing his abdomen with all his might against the window sill, at the same time inflating the lungs so as to swell out the chest. Thus by this simple, though painful process, the wet bandages, and spare diet, he recovered; although to the day of his death he bore in his side the deep impress the wheel made in passing over him. This occurrence naturally gained Priessnitz a considerable degree of celebrity, and from this time onward his mind was directed particularly to the healing powers of water. For some years he was in the habit of visiting patients at their own houses, and it is said that he sometimes walked to the distance of fifty miles, to attend the sick. Afterward it became necessary, for the most part, that those who wished his advice should come to him; and in this way his great establishment was formed, the reputation of which is known in every part of the civilized world.

But the way to renown is never a smooth one. Reformers are necessarily beset with obstacles on every hand. The laws of Austria are very strict, and no one is allowed to practice medicine without a license. In 1821, the three practicing physicians of Freiwaldau, Dietrich, brother-in-law of the burgo-master, and two brothers by the name of Gunter, made a plot to destroy the new practice, which was already making considerable inroads upon their employment. They endeavored to establish the pretense that Priessnitz made use of some secret remedy in connection with water. If the case could have been made out, he would have

been silenced for ever. One signal advantage, however, arose from this persecution, which was, that he was stimulated to his utmost exertions in making water alone supply the place of all drug medicaments. In 1828, Priessnitz's opponents made a most determined effort to silence him, but it was all in vain. It seemed, indeed, that the more they opposed him, the more he succeeded in establishing the merits of his system. The whole country was scoured, to see if they could not find some one of his patients who was willing to testify against him. Among those summoned, there was one, a miller, whom, as one of the Gunter's declared, he himself had cured, and not Priessnitz. On being asked by the Court "who had helped him," he said, "Both; Gunter had helped him out of his money, and Priessnitz out of his gout." On being again asked "what he paid Priessnitz," he replied, "Nothing; I still owe him thanks, which I now repay him."

For thirteen years this opposition against Priessnitz was kept up, when it ended in his being fully sanctioned by the Austrian government to go on in his practice. He was even authorized to give certificates of inability for service to military officers who might place themselves under his care, thus being exalted to a station equal to that of the surgeons of the army, and equal at least to that of any of his opponents. The sequel of his career is too well understood to need particular comment in this place.

In regard to the credit due Priessnitz as a discoverer, I shall here merely quote the words of Sir Charles Scudamore, himself an eminent physician of London, long known and recognized as such, and who himself underwent the treatment at Graefenberg. He observes: "I think that some writers on Hydropathy have not expressed sufficient praise and acknowledgment to Priessnitz, as the inventor of a treatment constituting a complete systematic plan. To follow in a path is always comparatively easy. It is quite true that parts of the whole plan and the principles have been known and practiced since the time of Hippocrates, and by none more ably and scientifically than the late Dr. Currie, of Liverpool. But all that can be quoted from history bears no comparison with the regular and systematic whole which Priessnitz has so happily constructed, and by which he has raised himself an imperishable fame."

Looking at this man in a PHRENOLOGICAL point of view, we find—

1st. A full-sized BRAIN, with the intellectual group of faculties well developed. INDIVIDUALITY, EVENTUALITY, COMPARISON, together with the perceptive organs, generally large, while IMITATION was but moderately developed.

2d. A very active TEMPERAMENT, with a dense and compact fiber, with no indication of a surplus of adipose matter.

3d. Of the sentiments, we find FIRMNESS, BENEVOLENCE, and HOPE, large; CONSCIENTIOUSNESS, full; while VENERATION is only moderate; SELF-ESTEEM and APPROBATION are large; CONCENTRATIVENESS, full; the domestic group only moderate.

With such an organization he could not be idle, but constantly occupied with doing good, in the most practical manner.

The first account we have of Priessnitz suffering any severe illness in the later years of his life was that of an attack of apoplexy, January 27th, 1847. On the previous day his eldest daughter, Sophia, who was yet very young, was married to an Hungarian nobleman, and having been up at a ball till three o'clock in the morning of the 27th, and being overheated and fatigued, she was suddenly taken ill, when she retired to her room, where she was attended by her father, who prescribed for her the rubbing wet sheet, followed by a foot-bath of cold water, in which the feet were actively rubbed. About eight o'clock the same morning she left her father's roof for her new and distant home. The same day Priessnitz went, as usual, after breakfast, to visit his patients at Freiwaldau, and while there, he perceived a numbness and loss of power in his right arm. He, however, appar-

ently made light of this occurrence, and, on returning home, took a cold bath, and afterward went, as usual, to dinner, in the large saloon of his establishment. Immediately after dinner, while the greater part of the patients were yet in the room, he was found in a state of insensibility at the door of his secretary's room. His breast and feet were instantly rubbed with hands wet in cold water, with the view of restoring consciousness. In a few minutes more, a shallow bath, slightly tepid, having been prepared, he was placed therein by Mr. Böhme, and Mr. Matiché, a Polish gentleman, who had been a long time in the establishment. In this bath, the water being renewed from time to time, to prevent its becoming too warm from the heat of the body, Priessnitz was rubbed for half an hour by eight men in turns, and cold affusion was also repeatedly applied to the head. Having shown signs of returning consciousness he was taken out of the bath, and placed in the bed, when he had a relapse, but not of so long duration as the first attack. He was again rubbed in the shallow tepid bath as before for half an hour, and when again taken out of it, and replaced in bed, he fell asleep, and slept for twelve hours, at the end of which time he returned to consciousness, and was able to converse with his daughter, who had been recalled to him. For a week afterward he took *thrice*, daily, three successive wet sheet packs, each from fifteen to twenty minutes, and the shallow tepid bath after them. For another week he took, every morning, for fifteen minutes, the shallow tepid bath and the cold bath in combination—that is, going repeatedly from one to the other, beginning and ending with the tepid bath.

About the middle of the summer of 1850, Priessnitz experienced another apoplectic attack, in which he remained insensible for several hours, but the treatment being resolutely applied as before in his illness, he was so far recovered the next day as to be able to go out of doors, and the next after he attended his patients as usual.

For the past year, Priessnitz, we are informed, considered himself as gradually failing in health, and at the beginning of the cold season, for the first time during a long life of usefulness, he found himself unable to go from the immediate vicinity of his establishment, to minister to his patients. This must have been a great privation to him, as he had for years been in the habit of going daily down to Freiwaldau, on horseback, where the larger number of those who came to take his treatment resided. Within a month before his decease he showed symptoms of general dropsy. All along he treated himself with the utmost clearness of mind, although he entertained little hope of recovery; and it was his prediction that he should not live to see the spring return.

Up to the very last he was in the habit of receiving all who came to him for advice, and he continued to prescribe for such with the utmost clearness of mind; but, as we are told, he looked like a shadow, and had no longer a smile on his face.

The day before his death, after taking his treatment, he was seen sawing wood for exercise, in a warm room, and warmly clad, thus exhibiting, at this late emergency, that strong confidence which he had so long felt in the system he had so efficiently promulgated to the world. On the day of his decease, which was Friday, November 28th, 1851, his symptoms became gradually worse, and growing very weak, at about five o'clock in the afternoon he laid himself upon his bed without assistance, and in one minute afterward breathed his last!

Thus it will appear that Priessnitz died at the age of fifty-two, a period scarcely beyond the prime of life. But it should be remembered that his task had been no ordinary one. Probably no man who has ever lived has had so much as he to do with chronic disease, which is always the most difficult of cure. He was never in the habit of traveling or taking recreation, but worked incessantly from one end of the year to the other. While invalids were in the habit of coming from

the most distant parts of the civilized world for his advice, it was not in his heart to go away and disappoint them. In the midst of the winter season, when his numbers were the smallest, never less than three hundred were upon his list. In the summer, from seven to eight hundred was his usual number of patients. He was always too much careworn, and would often fall asleep upon his chair, before he left the supper table. The severe injury he received in his side was a source of permanent weakness, and, while young, he was fearfully scathed by the small-pox. He always considered his constitution as being far from good, and remarked that it was only his system and mode of life that kept him up.

But this great and good man is gone from among us, and who is there that can fill his place? Nowhere in the wide world can such a man be found. His career is wholly without parallel; he has cured disease with greater success than the world has ever before known. Sad will it be for us who survive him, if we do not profit by his example, and faithfully do our work. If we allow that noble system, of which he was the founder, to go again into disrepute, the fault will be ours, and not his. He has done his work faithfully and well. May we in like manner do that which belongs to us.

Thus much briefly have I said concerning the life and character of Vincent Priessnitz. I would gladly say much to the readers of the WATER-CURE JOURNAL in explanation of the principles and practice of this remarkable man. I have never wished to conceal the fact that I felt a great regard for his opinions; and although I had had, at two different times of visiting Graefenberg, ample opportunity of conversing with him, and the last time, in 1848, took full notes of all his different modes, I would yet have visited him the past year, if I had known that he would probably depart this life so soon. No one, however, varied the treatment so much as Priessnitz according to the case in hand; and no one improved it from year to year so much as he did.

SHAKING OUT THE REEF.

BY THE REV. JOHN TODD.

ON the wide ocean, between us and India, the winds blow for weeks in one direction. Then the ship moves on day and night, safely, rapidly, and pleasantly. A sea captain has been heard to say that he has sailed his ship six weeks without altering a sail. These are called the "Trade Winds."

"I will tell you a fact about drinking," said a noble old sea captain. "And I tell you, boys, that when people say, 'It don't hurt anybody to drink, if they don't drink too much,' they don't know what they are talking about. There is no such thing as drinking spirits without drinking too much. When I used to sail to India, and got into the 'Trade Winds,' I used to put all the sail on my ship which she would possibly bear. But I noticed a very curious fact. Every morning, about eleven o'clock, I used to go down into my cabin and take a good horn of brandy. Before going down, I would cast my eye over the ship, see that every sail was full, and every rope taut. She was under all the sail she could safely carry. On coming up out of the cabin, having taken my brandy, it always seemed as if the ship was sailing too slow, and the winds had fallen. Then I would cry, 'Up there, lads, and shake out that reef.' For about thirty minutes, my poor ship would stagger under the new press of sail. By that time, when my brandy began to subside, I

found she was under too heavy a pressure, the winds seemed to blow harder, and again I would shout, 'Up there, lads, and clew up that reef.' So I found it day after day, and was utterly unable to account for the lull in the wind just about that hour. But one day I was unwell, and omitted my brandy, and overheard my cook, black Caesar, say, 'Captain, drink no brandy to day—guess no shake out reef!' Then I understood it all! From that time I dropped my brandy, and there was no change in the sails of my ship. I drank moderately, and yet it was too much, and it would not have been strange if I had lost my ship in consequence. I tell you, boys, there is no such thing as drinking without drinking too much."

It's even so. We don't know but a little about it. Many a ship master has felt cold or hot, tired or sleepy, vexed or troubled, and has gone to the bottle, gained courage to be rash, "shaken out the reef," till his ship was dashed on the rocks or swamped in the seas.

Many a physician has been worn down by labors and anxieties, his nerves weak, and his mind wavering, and has gone to the bottle, and thus he "shakes out the reef," is rash in dealing his powerful medicines, and he loses his patients, loses self-reliance, and the confidence of the community, and he loses practice and character, and is ruined.

Many a merchant drinks a little, feels more confidence, makes bargains when thus stimulated, "shakes out his reef," and is ruined.

Many a mechanic takes a contract which he examined after drinking a little, forgot the number of hard blows it would cost to complete it, and thus he "shakes out the reef," and is ruined.

Many a young man falls into jovial company, feels that it would not be manly to refuse to drink with them, and he drinks, "shakes out the reef," and acquires a taste that is his destruction.

And many a bright boy, the hope of his father and the pride of his mother, early learns to drink a little, and thus he "shakes out the reef," disappoints the hopes of his friends, lives a poor creature, dies a drunkard, and reads over the gates of heaven, "No drunkard shall inherit eternal life!"

THINGS WHICH I HAVE SEEN IN A WATER-CURE.—No. 7.

BY H. H. HOPE.

DOUBLE-HEADED RIVET'S, ESQ., BOY "TIM."

[CONTINUED FROM MAY NUMBER.]

We reached the home of Mr. Rivet at or about twelve M. Like the houses of most of the large planters, it was in the center of the farm, or, as they call it, the plantation, and was of large dimensions. Unlike most other houses of the same class, it wore the appearance of neatness and thrift, and the land itself gave evidence of high cultivation. On alighting and entering the house, I was very glad to see with what a warm welcome the planter was received. His wife met him at the door and greeted him lovingly. I saw she loved him, and that her love was reciprocated. Before, however, he had had time to introduce me, I heard pattering of feet on a winding stair-case, and down came three young ladies, and each threw herself upon her father and made her demonstrations of affection. They took me by surprise by their exquisite beauty, and I shall take my readers by surprise when I say that I saw that they looked like their father. For the first time since my meeting with him, I perceived that he was, or had been, a handsome man. The introduction over, I was made at home. The lady of the house was a lady, the daughters well-bred, well-educated, beautiful, and agreeable. Clearly

enough—the roughness of the old man aside—the family, in Southern society, was one of position, and as clearly, they had won that position. They were not an old family; had no genealogy "worth speaking of," but by talent, industry, and tact had accumulated means, and had used them to further their social advancement. However, much as I like the society of women, and glad as one always must be at being permitted to partake of the hospitalities of a private family, instead of being shut up to the loneliness of a hotel, I should not have accepted Mr. Rivet's invitation to make my home at his house but for the object I had in view, which was to see his son "Tim." I suppose I am unlike most other "Water-Cure believers," and am perhaps odd, eccentric, and peculiar. My friends say I am; but when I have taken occasion to ask them in what my peculiarities consist, they, as yet, have been able only to cite the fact, that I am such an enthusiast in the way of Water-Cure.

"Why!" they say, "you are crazy on that subject." Now how can a poor fellow parry such a thrust as that except by keeping cool and replying—

"You are mistaken—it is not I who am crazy, it is you who are ignorant?" That generally "shuts them up" for the time and relieves me of their clamors. I have, however, had so many opportunities to tell them of their ignorance, that one good result has followed, viz., that they have begun to think that they are ignorant; and when a person has reached that point when he begins to suspect his own qualifications to play the critic he assumes quite a humble demeanor thereafter.

I have studied, from all points of view, the Hygienic philosophy of treating disease, till my whole nature is on its side. I am not simply a convinced, I am a converted, man. I find my judgment not only in its favor, but my affections as well. Hence I am ready to propagate the principles, and to bring them to bear against disease whenever and wherever I can. Why should I not do so? The cause is worthy of the exhibition of the missionary spirit. The land is full of heathens. *The dead are in every house.* The gospel of health is a sealed book to the multitudes. Why should not I, whose eyes are open, and who has been permitted to see "wondrous things out of God's law," devote myself earnestly, ay, enthusiastically, to the propagation of these great, glorious, and divine principles? I know of no reason why I should not, but on the contrary, I know why I should. It has been my practice for years, therefore, to put myself out of my way to visit the sick who, not yet quite dead, have been kept for years on the list of invalids because of their ignorance and the ill considered treatment of their physicians. As soon, therefore, as in my journey to — I learned that my fellow-passenger, Mr. Rivet, had an invalid boy, I was ready to put myself to some trouble to look at his case and see what I could suggest in his behalf. This may be all very improper, very much out of the way, but I have done some good, and have made some friends by it. And now, to "Tim."

I was taken by the father to the invalid's room. It was a large room, and most excellent taste had been shown in its fitting up. A large library occupied nearly one side of the room, and a glance showed me that the books were such as only a literary man would choose. The walls were hung with paintings of our own countrymen, and fine engravings, some of which were imported from Germany. But all these obtained significance additional to their intrinsic merits by the central figure of the group, which was that of the invalid himself. He sat in an easy-chair, cushioned soft and full, while before him were books evidently

used to service. Upon our entrance he arose to meet my introduction to him, for which evidently he had been prepared. And his recognition of me was cordial and excellently rendered.

Said he, "I am glad to see you, sir; especially so, because I understand you are from the North. I am half a Northerner myself, having been educated at Yale."

"Ah!" I exclaimed, "I am glad to learn it, for of all our colleges Yale is my favorite. She has graduated a good many persons who, first and last, have won distinction."

"Yes," he replied; and his face assumed so sorrowful an aspect, that I saw at once that he was looking over hopes which, once blooming, were now blasted. And I made a bold attempt to cheer him, by remarking that "I hoped he might live to see his opportunities for usefulness realized."

He smiled so sickly a smile—I have seen it in a hundred cases—and said, "Opportunities are dead to me, sir; I am the subject of events. What comes, I accept, for I have no power of choice. God's will be done! but the day has been when I hoped to stand in the front rank, and as far as is given to man, to control circumstances, and not be controlled by them. You see, sir, when one can not live, his interest in things that pertain to life can not retain great fervor. I am a dying man, and my sight is directed to things earthly from the other angle."

"What makes you think you are dying?"

"What makes me think so?"

"Yes. Please do not think me officious if I again ask you the question?"

"Well, sir, first the declaration of my physicians; second, my own feelings; and third, the facts of the case. I have the best medical skill in the State. Their opinion has not been hastily expressed. I feel as they state one should feel who, having my symptoms, is in incurable conditions. And then, look at me! do you not think I am dying—not immediately, but slowly, yet surely dying?"

"No, I do not."

"There, Tim, boy, what did yer old father tell yer?" broke out of the old man. "Did I not say there was life enough in yer, if it could only be got at? Now Mr. Hope is not a doctor, he's only a common man; but, Tim, if I was in yer situation, I vow I'd believe a common man, who should tell me I need not die, quicker nor I would the most learned doctor who had told me I must, especially, Tim, if I did not look nor appear worse than you do. You see, Mr. Hope, the lad, even now, can ride horseback a little every day; and he eats putty well, though the gals have to fix it kind o' nice. Come, my boy! cheer up and listen to Mr. Hope. By George! you must get well—there's no two ways about that. How do yer suppose these three hundred niggers, yer mother and yer sisters, and this tremendous big pile of land, are going to get along without yer set to, and get well? Now, Mr. Hope, yer'll please take Tim in hand—there's no doctor in the way. As a friend I ask yer. I do not want you to relate yourself to him or me for money; but whatever yer want, that you can have."

"My dear father!" Tim exclaimed, "your love for me renders you blind to every evidence contradictory to your wishes; Mr. Hope can do me no good."

"Well, sir," I said, "as there is some truth in the maxim, 'while there is life, there is hope,' may I ask you when you were taken sick?"

"Two years ago."

"And have been doctoring more or less since?"

"Yes, sir, all the while, till my physicians gave me up."

"Do you know anything of Water-Cure?" I asked.

"No," he said, "I have heard of it, but I have not acquainted myself with it."

"Well, I think you might be helped by it. I am, as your father has said, no physician, and therefore have no right to assume to be competent to treat you successfully. But I know something

about diseases, at least so much as not to do you injury, and I have a strong feeling that you may be helped. At any rate, if you will allow me, I will try, and if you are made better by what I can do, perhaps I can advise with one who may assist you still further toward recovery."

"Oh," said he, "I do not feel myself at liberty to refuse anything you may wish to do. My physicians have pronounced me hopelessly incurable, and I feel their view to be correct; and I therefore hazard nothing in permitting you to do what you desire—so, sir, here I am, do with me as you will."

I went to work, and what I thought would be the labor of weeks, proved to be the work of months, and then I succeeded in bringing him only to conditions to come North, and place himself in the care of one in whom I had learned to have great confidence, and who, after twenty-two months' patient labor, *cured* him. Those processes, and that history, I reserve for a last and concluding chapter. Timothy Rivet's history of his treatment I shall give in his own words, as an encouragement to sick persons who have been pronounced incurable by their physicians. So look sharp for the next number.

JOTTINGS BY THE WAY.

BY F. F. COLEMAN, M.D.

EDITORS OF THE JOURNAL.—While traveling westward from New York, I took especial pains to ascertain the progress our system was making. It was truly cheering. Before leaving College, I expected to be received with coldness, and had prepared myself for it, but I was most agreeably disappointed.

Recognizing the great truths that form the basis of all true progression, I could not but believe that "Truth crushed to the earth will rise again," as "the eternal years of God are hers"—hence I resolved to stand up and battle manfully for the right. Standing on the immutable laws of Nature, I beheld a world groaning under more than Egyptian bondage, and sighing for the year of jubilee. The false doctrines of the drug-school cast their baleful influence over the land. I could but faintly realize the truthfulness of the teachings of our beloved and worthy principal, Dr. Trall, until I had heard the mournful cry come welling up from the great lazar house of disease (the world).

Evidences of the skill of the old system of practice, to change a simple acute disease into the most aggravated forms of chronic, daily came under my notice. But amid the desert, the oasis with its waving palms and cooling springs greets the eye of the weary wanderer and refreshes him. So, too, in the desert of Drugopathy may be found those who do not bow the knee to any of the drug idols that are presented for worship. In all parts of the country I saw signs of progress in the right direction. The people are awaking on this most important subject. Men of mind, energy, and investigation are coming out in defense of the truth. The day has gone by when reason can be stifled. The musty doctrines of the ages are being examined by philosophic minds—and the good and true received. "The thinker is let loose on the world," and will not be silenced. Reason sits calmly on her throne, and insists on investigation. Stand aside, clogs on the wheel of progress, or you'll be in the mud.

The people are ripe for the new era which shall usher in obedience to nature's laws, and with it

freedom from pain and disease. The long, dark night of the old system of practice is partly broken. As the faint light in the east betokens the approach of day, so does the light that radiates from the practices of the younger members of drugopathy tell of the day of reform there. The ranks of Allopathic dose-takers have been greatly thinned of late years, by the Hydropathic advocates.

Stopping in a town in which I formerly resided, I asked a young M.D.'s mother if her son gave as much medicine as his father (an eminent practitioner). "No," said she, "not half as much."

Conversing with a doctor of forty years' experience, he informed me his son's wife was sick with inflammation of the lungs. The son was an M.D. The old Dr. wished to bleed, but the younger objected, and prevailed. The old man was very much opposed to these innovations. Said he, "They are giving quinine for this complaint—but it would kill my patients. I used to lose 75 per cent. of my puerperal fever cases; I bled, etc." I informed him they followed the stimulating method—and claimed to lose only 25 per cent. in New York. "Straws show which way the wind blows." Wherever I made inquiries I was greeted with the same answers. Neighbor B. is sick—calls in a doctor, who says he must be bled. "No," says the sick man—"Neighbor H. was as sick as I am, and was not bled—and I'll not be. So it works. We want more experienced teachers and practitioners in the field.

Many of our Hydropathic people call in a drug-doctor when any one is sick, as they do not like to take the responsibility on themselves. I have been strongly urged to remain and practice in the village from which I now write. There are a large number of Water-Cure families around here.

I sent a challenge to an eminent M.D., that I should lecture in his district and discuss the following propositions. 1. Allopathy is not a science. 2. Its practice not an art. 3. Its fundamental principles are false. 4. Its practices are injurious. I went on foot eleven miles, through mud, to meet him, but no doctor came. The people see these proceedings—I select the most prominent doctor, and publicly challenge him. I have two challenges out at present—and lecture at York on Sunday, May 5, and invite discussion. A reformer must not be diffident. Graduates of the spring of '61, spare not, strike right and left, and victory will be ours.

A DIALOGUE.

BY HARRIET N. AUSTIN, M.D.

SCENE 4.—*Mrs. Spencer and Mrs. Ferne in the sitting-room of the latter, from which she has just sent her children.*

Mrs. F. Oh, I am sure my children will break my heart, they are so ill-behaved.

Mrs. S. You surprise me! I think them remarkably well behaved.

Mrs. F. You astonish me, for I know you are not accustomed to say what you do not believe, and surely you can not think it well-behaved in Anna to strike her brother.

Mrs. S. She but repeated your own action of half an hour ago. Is it not well-behaved for children to conduct themselves as well as their parents?

Mrs. F. Repeated my own action!

Mrs. S. Yes. Struck little Ned a cruel, angry blow, without cause.

Mrs. F. Was it no cause that he knocked down and ruined that beautiful clock?

Mrs. S. No. How could the little fellow aim his ball so truly every time as to avoid it?

Mrs. F. But he had no business to be throwing his ball here! I have forbidden it a hundred times!

Mrs. S. And as many times have permitted him to understand that your command was of no account. He had been throwing his ball for fifteen minutes, and you paid no attention to it till he struck the clock. No, it was not for throwing the ball, but for spoiling the clock, that you gave him that revengeful blow.

Mrs. F. Oh, Mrs. Spencer, what a fearful responsibility rests upon mothers!

Mrs. S. I am glad if you begin to realize it, for I feel that a terrible responsibility belongs to you in regard to your children. They are naturally amiable, affectionate, and easily managed. By your daily example you are teaching them to be selfish, revengeful, passionate. Little Anna, four years ago, was a sweet lovable child—she appears almost the reverse now; yet in every particular in which she has changed for the worse, she has simply been growing like her mother. You are responsible for this. And now poor Ned is being subjected to the same training. Three times this afternoon he has climbed up behind you to give you a kiss. Each time you have pushed him away, with unpleasant or sharp words. Have you calculated how long it will take you to extinguish all his natural affection for you in this way? You have not spoken kindly to him since I came here. There is really much more danger that you will break his heart, than that he will break yours.

Mrs. F. Oh, but I have been so tried this afternoon! I have felt so irritable, and fretful, and unhappy. It must be a temptation of the devil.

Mrs. S. I think it is the sausage and mince-pie you ate for dinner.

SCRUPLES.—We are all apt to sink down into a foolish, and even a sinful, acquiescence in what we find going on around us, in what we find settled and customary. We are apt to acquiesce in whatever is customary very often to a very dangerous degree, until our consciences are positively blunted. If it is the custom to indulge in language such as no Christian could approve; if it is the custom to be not quite upright in our dealings; if it is the custom to prefer private interests and selfish wishes to the public good; if it is the custom to think very lightly of particular sins, we are very apt indeed to fall into the stream, and defend ourselves by saying that we do as others do. Thus every profession, every country, every class of society, gradually forms a code of religion and morality peculiar to itself, and very often extremely different from God's code. Each of these little circles is keen enough to find out the flaws in the code of others; but very blind indeed to the flaws in its own. The gentleman is quite shocked at the practices which are common in trade, while he thinks very lightly of horrible sins which are common in his own class. The tradesman is indignant at what gentlemen will do, but smiles at things which he does himself. So too the physician, so too the lawyer, so too the clergyman, is very liable to form a professional code. Families often seem to have a code of their own, and each is shocked in turn at what passes unquestioned in others. And so, too, the whole of society, at different times, settles down into a code of its own, and applauds this, and tolerates that, for reasons quite peculiar to itself. These special codes are inevitable, but they are very dangerous, and if allowed to harden quite unquestioned, would end with subverting all rules of right whatever, and reducing both religion and morality to a sort of honor among thieves. That which prevents this, and perpetually breaks up the gathering crust, is the never-ceasing restlessness of our consciences, demanding to be satisfied upon a thousand points, great and small, and sometimes giving extreme pain until the demand be satisfied.—*Dr. Temple's Sermons at Rugby.*

Publishers' Column.

PROPRIETORS OF WATER-CURE ESTABLISHMENTS will confer a favor on the public, and at the same time serve their own interests, by sending us their latest circulars. We have almost daily applications for information relative to different Cures, as to location, terms, and other particulars, that we are entirely unable to answer. We propose, therefore, to keep a file of circulars for public inspection.

We desire it to be distinctly understood that we have no pecuniary interest in any Cure, and, in answering questions, endeavor to do equal and exact justice to all. Aside from New York and Brooklyn, we have never visited any establishment in the country, and consequently have no personal knowledge of their practical workings; and while we are willing to do all we can to extend information relative to them, we desire that the proprietors should answer the questions for themselves, by means of circulars.

We would suggest that the circulars should state whether the establishment is exclusively Hydropathic, or whether drugs are used, and if so, whether in accordance with the Allopathic, Homeopathic, or Eclectic system.

WATER-CURE IN CALIFORNIA.—Dr. and Mrs. Dr. Weed, who have been doing the cause of Health Reform good service by their lectures in California, have permanently located and opened an establishment in Sacramento. The citizens of that city and vicinity have reason to congratulate themselves thereon, as the ills that flesh is heir to will speedily vanish under their directions. From their known ability we feel confident the Doctor will meet with distinguished success.

BUSINESS NOTICES.

The present number commences the THIRTY-SECOND VOLUME OF THE WATER-CURE JOURNAL.

TEACHERS, EDITORS, CLERGYMEN, and others, are invited to obtain subscribers in the neighborhood where they reside. Traveling Agents may obtain Certificates from the Publishers, on presenting suitable recommendations.

PERSONS ordering from agents or dealers must look to them for the supply of the JOURNAL or paper.

PRESENT SUBSCRIBERS are our main reliance. Those who know the utility of the JOURNAL will work for it, and recommend it to their friends and neighbors, that they too may participate in the benefits of its teachings.

POSTAGE.—The postage on this JOURNAL to any part of the United States is six cents a year. The postage is payable in advance at the office of delivery. Postage to the British Provinces is six cents a year, and to Great Britain 24 cents a year. As these are payable in advance the amount should be remitted with the subscription.

SEVERAL Bank Notes, Postage Stamps, or small Gold Coins, may be inclosed and sent in a letter to the Publishers, without increasing the postage.

SUBSCRIBERS may remit for one, two, three, or more years, as may be convenient. The amount will be credited, and the JOURNAL sent the full time.

CLUBS may be made up of persons receiving their Journals at different post-offices. It often occurs that old subscribers are desirous of making a present of a volume to friends at a distance.

HAVING BEEN a member of a club at some previous time does not entitle persons to renew their subscriptions at club rates, except a new club is formed. Our terms are: for 10 copies, ordered at once, (and one copy extra), one year, \$5; 5 copies, \$3; single copy, \$1.

We will club with any newspaper or magazine published in New York, Boston, or Philadelphia.

OUR terms are, PAYMENT IN ADVANCE. No Journal sent before or longer than paid for.

REMITTANCES.—Checks, Drafts, or Bills on New York, Boston, or Philadelphia, properly indorsed, may be remitted.

Notes and Queries.

W. S.—“Lambe them” was a cant phrase used first in Scotland. It was derived from the fate of Dr. Lambe, an astrologer and quack, who was knocked on the head by the rabble in the time of Charles the First.

A. J. W.—Gunny-bags are made from coarse cloth, manufactured principally in India from the fibers of two species of corchorus, and are used for packing for transportation pepper, coffee, and spices. A considerable quantity of the cloth is now imported into the United States, and is used for packing cotton. It is also re-exported from New York to a considerable extent to some of the South American ports.

W. J.—Alligators and crocodiles are dissimilar in many particulars—the alligator's head is the least oblong, and there are many other anatomical differences. Alligators prefer stagnant ponds and the creeks emptying into large rivers, to running streams; while the crocodile prefers swift-running streams. The alligators never leave fresh water; crocodiles frequently swim into the open sea. In their general shape they are very similar. Of both alligators and crocodiles there are several varieties.

W. H.—A letter addressed to Dr. Winship, Boston, would probably reach him.

W. B.—The *Eclectic Magazine* is published by W. H. Bidwell, New York.

EDWARD.—Read the work on “Sexual Diseases.” Price \$1 25.

WATSON.—The proper proportion for the American flag is to make the width just two thirds of the length. The union should be not less than one third the length of the flag, and a trifle more than that is allowable. In width it should extend to the bottom of the fourth red stripe. The stars, one for each State, should be arranged in the form of a large star, thus exemplifying our national motto—*E Pluribus Unum*—of many, one.

JAMES.—A will is not valid unless signed by the testator in presence of all the witnesses, and signed by all the witnesses in presence of the testator, and of each other.

SUSAN.—Xylography is the art of engraving on wood. The word Xylography is sounded as if written Zylography. Etching, mezzotinto, and aquatinto are varieties of the art of engraving upon copper. Until within these few years, copper and wood were the substances employed by engravers for book illustrations. For certain purposes, box-wood continues in the highest repute; but copper has been in a great measure superseded by steel in cases where numerous impressions are required.

H. J. C.—There is a material difference, both in point of doctrine and of ecclesiastical government, between the Church of England and the Church of Scotland. The Church of England is governed by archbishops and bishops; the Church of Scotland by synods. The Church of England holds Arminian doctrines, as explained in her digest of thirty-nine articles. The Church of Scotland is Calvinistic, and holds what are polemically called the five great points.

LEFT TO THEMSELVES.—The persons who advertise that, on receipt of a certain sum in postage stamps, or otherwise, they will inform applicants how to earn “a handsome income,” are usually swindlers. The character of these advertisements is well known to the proprietors of the newspapers who publish them, and it is to be regretted that any persons connected with the press should lend themselves to these shameful frauds upon the unemployed and necessitous part of the population. Really respectable journals never contain these advertisements, or those of “Revealers of the Future,” “Graphologists,” quack doctors, or any other of the harpies who prey upon mankind.

T. L.—The following is the Chinese method of rendering any sort of cloth waterproof—it has at least the merit of simplicity, and may be tried without much difficulty or expense: To one ounce of melted white wax add one quart of spirits of turpentine; when thoroughly mixed and cold, dip the cloth in it, and hang it up to dry.

Literary Notices.

A NEW MONETARY SYSTEM. The Only Means of Securing the Respective Rights of Labor and Property, and of Protecting the Public from Financial Revolutions. By Edward Kellogg. Revised from his work on “Labor and Other Capital,” with numerous additions. Edited by Mary Kellogg Putnam. New York: Rudd & Carlton. 12mo, cloth, pp. 266. Price \$1 25.

In this volume the author endeavors to show that the existing laws relative to currency, trade, and the monetary system are the basis of a great deal of the evil existing in the world. He gives us a fine-spun theory which seems very well until we come to consider how it would work in practice. We then find that the age is not sufficiently advanced in honesty, morality, and justice to render his ideas practical, and we are not certain but it would be necessary to equalize the capabilities of men also. Still we should like to have the book extensively read, as there is much in it that will prove food for thought.

HUNT'S MERCHANTS' MAGAZINE AND COMMERCIAL BULLETIN.

This old standard monthly, so long and favorably known, is now edited by I. Smith Holmans and Wm. B. Dana, and published by Wm. B. Dana, 61 William Street, New York. Subscription price \$5 a year.

In the number for June we find a very interesting article on Fibrilla, or flax cotton, giving the whole *modus operandi* of manufacturing it directly from the stalk, with many others of general commercial and mercantile value.

This magazine commenced its forty-fifth volume with the present month. We have never yet seen a number of this magazine that was not intensely interesting and exceedingly instructive.

VOLUNTEER'S CAMP AND FIELD BOOK. Containing Useful and General Information on the Art and Science of War, for the Leisure Moments of the Soldier. By John P. Curry. 25 cents.

APPLETON'S MAP OF THE SEAT OF WAR, No. 1. 25 cents.

The above have just been issued by D. Appleton & Co., New York, and will be sent, post-paid, by mail, at prices named.

THE REBELLION RECORD. G. P. Putnam, 532 Broadway, New York. Six parts or numbers are now ready. It is hereafter to be issued every Saturday, at ten cents a number. It is also to be put up in monthly parts, at 50 cents, each to contain a portrait, a map, or a colored plate of regimental costumes. Part One contains a steel portrait of General Scott and a fine map. The Record will be a most valuable work for preservation as well as for present use. It is sent, post-paid, on receipt of price.

THE NEW AMERICAN ENCYCLOPEDIA, Vol. 12 (D. Appleton & Co., New York, publishers), comprising from MOZAMBIQUE to PARR, is now ready. The volume contains 7-8 large octavo pages, and treats on more than fourteen hundred different subjects.

We have often expressed our opinion of the value of this work, which, favorable as it has been from the first, is enhanced by the examination of the volumes as they appear, and the constant use of those published.

This Encyclopedia has stood the test of the most critical examination by men learned in every department of science, art, and literature, and does credit alike to its authors, editors, and publishers.

FIVE HUNDRED MILES AROUND WASHINGTON.—G. Woolworth Colton, of No. 18 Beekman Street, has brought out an excellent and convenient circular map of the country within 500 miles of Washington. It contains, besides, a table of population according to the census for the last twenty years; a map of a portion of the Middle States; a small outline map of the vicinity of Fort Monroe and Norfolk, and a list of the principal forts and military stations of the United States. This is to be followed by “Five Hundred Miles Around Cairo.” Price for each map, 25 cents.

JACOBS' PATENT PORTFOLIO PAPER FILE. Of proper size for the PHRENOLOGICAL and WATER-CURE JOURNALS—for sale at this office. These Files will preserve the Journals as nicely as if they were bound, and will last for years. Price 50 cents. They will be sent by mail, post paid, when desired.

FOWLER AND WELLS, 308 Broadway, New York.



NEW YORK, JULY, 1861.

WATER.

"To the days of the aged it addeth length,
To the might of the strong it addeth strength.
It freshens the heart, it brightens the sight,
'Tis like quaffing a goblet of morning light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

OUR NATIONAL ANNIVERSARY.—The first number of the THIRTY-SECOND VOLUME of the WATER-CURE JOURNAL brings us to the EIGHTY-FIFTH ANNIVERSARY of our DECLARATION OF INDEPENDENCE. Never in the history of the world have the resources of national power and glory developed so rapidly as during the period from 1776 to 1861. Never before was any nation for so long a time blessed with so great political power, so much religious liberty, so many social and educational advantages, and so general prosperity. And nowhere and never were the elements of human progress and happiness so abundant as in the United States of America during the year just closed. All was pleasant in the retrospect. All was bright and beautiful in the prospect.

But a cloud—it is but a passing cloud—has obscured our political horizon. Our country is involved in civil and fratricidal war. The people of different sections of our common heritage are marshaling their armies to decide, by the logic of might, what in a higher civilization would be settled by the reason of right. In this awful controversy we can not expect that men on either side will always see, feel, think, reason, and act with strict impartiality and truthfulness. It seems to be the very nature of war—perhaps it is a "military necessity"—to exaggerate the foibles and vices of "the enemy," and exalt the merits of "our side." And perhaps our advice to the belligerents on both sides, to tell the truth, "deal justly and love mercy," will be less regarded than would a volley from the rifled-cannon of an advancing column, or a broadside from a first-class ship of war.

And so the shock of war must come. It will be terrible, but brief. Both parties will demonstrate their fighting capacities, prove their courage, attest their devotion—

which, by the way, no one doubts now. Then will come, we hope, calmer reflection and wiser counsels, with perhaps a few months or years of strategical maneuvering, until, what does not now appear, shall be found—a basis for successful negotiations, absolute subjugation, or national reconstruction.

DREADFUL MORTALITY.—One of the perplexing questions of this day and age seems to be, whether anybody was killed during the assault on Fort Sumter. The newspapers have reported the number of killed and wounded from "one thousand" down to "nobody hurt." The exact truth we shall probably never know until the war is ended. Be this as it may, we do know that our special and peculiar enemies, the drug medical journals, are dying at a fearful rate. We do not take to ourselves the credit, nor charge to the WATER-CURE JOURNAL the blame, of giving them their mortal injuries. We have, to be sure, thrown a little cold water on their powdered calomel, and fired a few bomb-shells of common sense at their old and dilapidated fortifications, but if they can not stand such warfare, they have no business to live.

Within a few years we have had occasion to chronicle the demise of something like a dozen of our unfortunate cotemporaries: two or three in Cincinnati, O.; one in Boston, Mass.; one in Syracuse, N. Y.; one in Rochester, N. Y.; one in Worcester, Mass.; several in this city, and others which we do not now recollect.

Recently we have been obliged to add to the list of defunct medical luminaries, the *Buffalo* (N. Y.) *Medical and Surgical Journal*, the *New Hampshire Medical Journal*, the *Southern Reform Medical Journal*, published at Macon, Ga., and the *Medical Gazette* of this city. In view of this shocking mortality, the *New York Medical Times* remarks:

These periodicals are absolutely essential to the growth, the integrity, and even the existence of the profession, and yet they can never be remunerative to the proprietors, because their publication is expensive, their circulation limited, and their losses from delinquent subscribers excessive. There is no more humiliating aspect of the morals of the profession than that which the failure of some of our best medical journals exhibits. The touching appeals which they make to delinquent subscribers who have been the cause of their failure, and which ought to call forth generous contributions, are too often entirely unnoticed. During the past year several excellent journals have, for this cause, been compelled to discontinue.

Well, if you must die, *requiescat in pace!* But we would whisper to our friends of the

Medical Times that, perchance, one and the chief cause of this giving up the ghost on the part of the drug medical journals has not been duly considered by them. We frequently meet, in our excursions into the country, with physicians—Allopathic, Homeopathic, Eclectic, Thomsonian, etc.—who are in possession of the Hydropathic Encyclopedia, and who are paying subscribers to the WATER-CURE JOURNAL. Some of them have all the works of Trall, Shew, Graham, Alcott, and almost everything published by Fowler & Wells, in their libraries. And when they contrast the plain common sense and sound philosophy of these books, with the everlasting routine, interminable technicality, and pretentious nonsense of druggery and poisonopathy of the others, we can scarcely wonder that they decline paying for them. They may well plead failure of consideration—"no value received."

HOME-TREATMENT.—A friend for whose judgment, experience, and general intelligence we have a high regard, writes us that he looks upon home-treatment as a "humbug;" and on this pithy text we propose to expatiate very briefly. And first, we regret to say, there is too much truth in his opinion. The error, however, is not in the system, but in the want of intelligence or unfavorable surroundings on the part of the patients. Many who undertake self-treatment try to get along more easily and cheaply than the nature of the case admits of, and fail. Very few, comparatively, take much pains to inform themselves as to the details and essential requirements of our system; and because they can not do so well at home as others do at the establishments, they find fault with the system when they should only blame themselves. Many who are entirely ignorant of even the fundamental principles of hygienic medication, seem to think that, in order to regain good health, after years of suffering, and after one half or three fourths of their constitutional stamina has been drugged away, nothing is required except to ask a few questions and read the answers through the WATER-CURE JOURNAL. Having taken the trouble to state some few of their symptoms and received a few practical hints, they appear to imagine themselves entitled to all requisite knowledge and skill to manage the most difficult cases, after half-a-dozen of the "best family physicians" had failed to do them anything

but harm. Some persons who have never read one of our books, and who have, perhaps, seen but a single number of the WATER-CURE JOURNAL, often write us for a of self-treatment, asking us to be particular and give full directions as to bathing, dieting, exercise, occupation, etc., etc., as though they expected we could communicate all the details of these matters in a single paragraph of a few lines.

We receive almost every day in the year requests to prescribe through the JOURNAL, when the data given us are so loose, indefinite, and defective, that we can not answer a word. The following, just come to hand, may serve as a specimen:

DR. R. T. TRALL.—*Dear Sir:* Will you be kind enough to inform me, through the WATER-CURE JOURNAL, how to manage? I am troubled with the disease of the kidneys and bladder; urine very scanty; back very weak; sometimes my head is dizzy. N. B. My son, about four years old, is troubled with his eyes; every time he takes cold his eyes get inflamed, and he can not bear to go in the light.

The writer evidently expects us to give him, in our Answer to Correspondents, full prescriptions for the home-treatment of two patients. Yet he might as well have written us so many words taken promiscuously from Webster's Dictionary, so far as enabling us to understand the cases. There are many kinds of diseases of the kidneys, bladder, and eyes, produced by different causes, and connected with different habits of living, all of which must be understood before the remedial plan can be properly indicated. Besides, the writer does not propound a single question for us to answer, but leaves us to do everything in general the case requires—"tell him how to manage."

We wish our readers would take more pains to understand us. We say just what we mean, and mean precisely what we say. We propose to *answer questions*, but not to give full prescriptions for home-treatment in this department. This is all the space admits of. And this presupposes that those who ask questions, read this JOURNAL, and study our books, and inform themselves in all convenient ways as to the principles and details of our system. Otherwise our answers could not benefit them. This we do gratuitously, as it is of public as well as individual benefit. But when prescriptions with full directions are wanted, the case comes under the head of private professional business, for which we charge a fee.

Now, we certainly do not wish to discourage attempts at self treatment. We wish to encourage them in all proper ways. The

leading object of this periodical is to educate the people in the principles and theory of our system, so that they can successfully apply it to their own cases. But we do not like to have them "pitch into it promiscuously," as the manner of too many is—not excepting some who call themselves doctors. We do not want them to make a "humbug" of it, to their own disadvantage, and to the system's discredit. We wish them to understand it, and even expend, if necessary, a few days of time and a few dollars in money, for books or advice, as the case may be. We do not believe there is a man, woman, or child in all the earth who has expended money and time, more or less, in investigating our system, who has not received the *quid pro quo*—thousands of them a hundred-fold. Thousands have, in this way, improved themselves, and successfully become their own physicians. And other thousands can do the same. To those who have not time to study our larger works, and desire to see a brief and plain exposition of the fundamental premises—the entire groundwork of our system, as well as its peculiar and distinctive principles, we commend our late tract and catalogue, which contains a lecture on the "Principles of Hygeio-Therapy."

OPHTHALMIA.—We receive many communications asking advice for the self-treatment of chronic inflammation of the eyes. Several patients have lately written us to the effect that they have followed our prescriptions as strictly as possible, observed all the rules for bathing, dieting, exercise, ventilation, dress, temperature, sleep, etc., which they can find in the Hydropathic Encyclopedia, Water-Cure for the Million, and WATER-CURE JOURNAL, and in our Answers to Correspondents, and yet their eyes do not get well. We can not learn, from their own accounts of their doings, that there is any error in their home-management. What, then, is the difficulty? Is the fault in the system, or are the eyes incurable?

We answer, neither. The following case will probably furnish the key to an explanation. Mrs. Eaton, of Dexter, Maine, brought her daughter, twelve years of age, to our establishment, in January last, to be treated for chronic inflammation of the left eye. There was nothing peculiar to the casual observer in the appearance of the diseased organ. The vessels of the eyelid were very much engorged, and the conjunc-

tiva (white of the eye) was red and turgid. The other eye was scarcely affected. A careful inspection of the diseased structures, however, disclosed a granulated state of the lids, which, by constantly irritating the delicate structures constituting the external coats of the ball of the eye, has enlarged their vessels and occasioned morbid deposits between the layers of the coats, with ulcers in the cornea (transparent portion of the eyeball). There was, therefore, no possible cure unless the granulations could be removed, the morbid deposits absorbed, and the abnormal vessels which were feeding them destroyed. It was clearly a surgical case.

The disease had existed, with the usual alternations of better and worse, for a year and a half. During all of this time the mother had managed the general hygienic treatment—bathing, dieting, etc.—with uncommon judgment and discretion—indeed, unexceptionably. But the disease, on the whole, became steadily worse until the time we saw her. There was then a choice of means between cutting or scarifying and caustic. We commenced with caustic, so mild as to cause but trifling pain. The granulations rapidly subsided; the engorged vessels correspondingly decreased; the ulcers of the cornea readily healed, and in six weeks she was entirely cured. We have recently heard that the eye continues entirely sound.

In conclusion, we have to say, with regard to similar cases, that many of them, with a less degree of structural changes, may be cured without any other local applications than tepid or cool water as an antiphlogistic. Yet some cases can not; and we insist that surgery belongs as much and as legitimately to hygienic as it does to drug medication; and that, before our system is condemned as insufficient in any case, the whole of it should be judiciously resorted to.

HIP-DISEASES AND DEFORMITIES.—These cases are very prevalent. The majority of persons who suffer of the inflammation and ulceration of the dense structures in and around the hip-joint, constituting the malady known as *morbus coxopis*, or hip-disease, recover with a greater or less degree of deformity. The hip-joint is often rendered entirely motionless by an abnormal deposit of bony material; the leg is frequently shortened from absorption of the end of the thigh bone; and the foot and limb are

usually crooked and distorted. Until recently these deformities were regarded as irremediable. But, happily, modern surgery has signally triumphed over the seeming impossibility of restoring the defective joint to its normal appearance, condition, and usefulness. The operation is not usually difficult, and, under the use of anesthetics, not in the least painful. It consists in breaking up the preternatural adhesions, and where necessary, inducing a new process of ossification, and afterward keeping up extension and motion until the restorative process is completed. The time required for the complete cure is only from three to six weeks. We have recently had two cases operated upon with the best results: one a little girl from Indiana, whose limb was badly distorted and shortened, and the other a gentleman about thirty-five years of age, from Georgia, whose case was even worse, and had been of fifteen years' standing. There are thousands of these cases in the country, and nine tenths of them could be entirely restored, and the balance greatly improved by the new process.

OUR MEDICAL ARMY.—The number of physicians in the United States is estimated at 40,481. This is one for about every 750 inhabitants. The charges of physicians vary from \$500 to \$30,000 per annum. The average may be estimated at \$1,500, making the total expense of feeding our army of doctors a round sixty million. The expense of medicine, nurses, losses of time and business, etc., consequent on sickness, can not be less than an equal sum—\$120,000,000. Now, if one million dollars were to be expended in the best possible manner—in educating the people how to take care of their health, and how to treat their ordinary diseases themselves, without doctors or medicines, by the circulation of WATER-CURE JOURNALS, health tracts, and sterling works on Hygiene, it would save the people of this country not less than *one hundred millions of dollars a year*. We think we are several millions within the mark. It would also ruin the patent-medicine and nostrum-vending business, saving another item of several millions of dollars.

FRIENDS—CO-WORKERS—VOLUNTARY AGENTS, in every neighborhood, are invited to engage in the good work of extending the circulation of these unique and valuable periodicals. A little well-directed effort, just now, will double our list of readers, and thus scatter invaluable blessings among thousands. May we not hear from you?

To Correspondents.

Answers in this department are given by DR. TRALL.

HEPATIZED LUNGS.—J. B. P., Allegan, Mich.
1. If a lung is hepatized, can it be cured so that the air will penetrate it?

2. What baths would be most effectual?

3. Is it best to wear the "wet jacket," if the patient feels chilly while wearing it, but feels less pain.

1. It depends entirely on the degree and extent of the hepatization. 2. That depends entirely on the state of the general circulation, of which you say nothing. 4. Yes, provided sufficient pains are taken to keep the extremities warm.

CANCER OF THE LIP.—S. M. N., Montpelier, Vt. Cancers of the lip are easily and quickly cured if taken in season. We have cured several. We are now treating one which involves a small portion of the central part of the upper. It is progressing favorably, and will be cured in a month or six weeks from the commencement of the treatment. We have no particular caustic, but select according to the character and situation of the morbid structure. Chloride of zinc, sulphate of zinc, nitric acid, or bi-carbonate of potassa may be best in particular cases.

INFANT THERAPEUTICS.—Mrs. S. T. H., Morris, Ill. It is always improper to bandage the abdomen or any other part of the body of a new-born infant. Let its little belly alone and it will do well enough. Babies should be taught to nurse at regular and stated periods. Once during the night is enough in any case. You ask "How can an infant be made comfortable in short clothes?" The same as any child, youth, or adult can. You had better ask, "How can an infant be made comfortable with long clothes?" The clothes should be long enough for protection and use, but not so long as to be a drag and an incumbrance, as is the usual custom.

CHLOROSIS.—M. A. C., Camden, N. J. My daughter, sixteen years of age, is troubled with what our physician terms "green sickness." She is pale, weak, monthly periods absent, much pain or lameness in the back and hips, headache, dizziness, etc. Our family physician says there is not iron enough in the blood, and this must be supplied.

Perhaps your family physician has not yet learned that the system can not use iron as such. It is contrary to the order of nature for an animal organism to assimilate, or use in any way, any inorganic elements except the gases. The salts and oxyds of iron are poisons, and nothing else. When physicians learn this simple truth, the humbug of "blood food" will be exploded. So far as the elements of iron exist in normal food, we do not object to them. Give the patient apples, bread, potatoes, air, and exercise, and let the fertilizers go into the ground for the use of vegetables.

HYGEO-THERAPEUTIC COLLEGE.—We are making extra efforts for a good school next winter term, commencing the second Monday in November. We can not find employment for students to pay their way for two reasons 1. We have no work suitable for them to do. 2. All of their time and ability are needed for the lessons, lectures, and other school exercises and recreations. Those who attend a summer course of study with us, may graduate at the end of the ensuing lecture term.

CHRONIC LARYNGITIS.—J. S., Philadelphia. DR. TRALL: What is the cause and what the treatment of the following symptoms? Sore throat and hoarseness every spring, which have been getting worse every year, until they have culminated in permanent and painful debility of the vocal organ, continued without intermission for two or three months. The subject can not make himself heard when there is the least noise around, without the most distressing effort, which seems to rasp the skin off the larynx, and requires the exertion of much muscular power; is getting thin; can breathe deep; has no cough—no expectoration; has not used tobacco in any form; has eaten no pork for years; no meat for months; no coffee for fifteen years; no drink but water for a long time; eats unleavened bread—and has read the WATER-CURE JOURNAL since '55 or '56.

The case is clearly chronic inflammation of the larynx, and we fear amounting to laryngeal consumption. We doubt your statement, "no cough, no expectoration." We have had many such cases where the cough and expectoration were so slight that the patient denied having any at all. It is a desperate case, and we decline giving a prescription unless we can see the case and know precisely

what the disease is. If it is really consumption, it has already progressed to the incurable stage. But if the feebleness of voice is mainly owing to debility of the abdominal or respiratory muscles, which is possible, the patient would probably be curable. But this point must be known, as it determines the kind of treatment required.

VARICOCELE.—E. Y., Baltimore, Md. There are several surgical operations which have been successfully employed in the cure of this affection—caustic, acupuncture, subcutaneous ligation, etc. We can not decide what operation to adopt until we see the case. Your case is curable in some way.

TUBERCULAR CONSUMPTION.—J. R. S., Whitehall, N. Y. The case you describe is unquestionably incurable. If you should attempt to bring him here, he might die on the road. He should have attended to it a year ago. We do not profess to cure consumption except in the early stages, though we sometimes succeed in the second, and even the third stages.

Miscellany.

MAIZE AND TOBACCO.

The Indian Corn looked over the fence,
And what do you think he spied?
A field of Tobacco, just ready to bloom,
And stretching in lordly pride.

To the broad-leaved neighbor at once he called,
In accents loud and clear,
"I thought you belonged to a summer clime;
Pray, what are you doing here?"

So then, with a haughty air, replied
That plant of power and pelf,
"You are pleased to ask of my business, sir—
What do you do yourself?"

"I feed the muscle, and blood, and bone,
That make our farmers strong,
And furnish bread for the little ones
That round their table throng."

"I move in a somewhat loftier sphere,"
The foreign guest rejoined,
"As the chosen friend and companion dear
Of men of wealth and mind."

I'm the chief delight of the gay, young spark;
O'er the wise my sway I hold;
I lurk in the book-worm student's cell—
In the dowager's box of gold.

Thousands of hands at my bidding work;
Millions of coin I raise—
He ceased to speak, and in angry mood
Responded the tasseled Maize:

"You're in secret league with dyspeptic ills—
A merciless traitor band—
With clouds of smoke you pollute the air,
With floods of slime the land."

You tax the needy laborer sore;
You quicken the drunkard's thirst;
You exhaust the soil—and I wish you'd go
To the place whence you came at first."

"You're a vulgar thing!" the invader cried,
And envious in all you say;
I like these Connecticut meadows so well,
That here I intend to stay."

Yet soon a blast like the Siroc passed,
And, drenched in blighting dew,
The Tobacco lay dead in a stranger bed,
But the Maize to the harvest grew.

—Anti-Tobacco Journal.

L. H. S.

TOBACCO.—The use of tobacco. This is one of the most fruitful causes of dyspepsia in this country. The daily use of this vilest of poisons, no matter in what form you take it, will sooner or later undermine the strongest constitution.

SELECTIONS FROM SOYER'S ARMY RECEIPTS.

Toast and Water.—Cut a piece of crusty bread, about a $\frac{1}{2}$ lb. in weight, place it on a toast-fork, and hold it about six inches from the fire; turn it often, and keep moving it gently until of a light yellow color, then place it nearer the fire, and when of a good brown chocolate color put it in a jug, and pour over it three pints of boiling water; cover the jug until cold; then strain it into a clean jug, and it is ready for use. Never leave the toast in it, for in summer it would cause fermentation in a short time. I would almost venture to say that such toast-and-water, though so very simple, is the only way toast-water should be made; and that it would keep good a considerable time in bottles.

Baked Apple Toast and Water.—A piece of apple, slowly toasted, till it gets quite black, and added to the above, makes a very nice and refreshing drink for invalids.

Apple Rice Water.—Half a pound of rice, boiled in the above until in pulp, passed through a colander, and drink when cold.

Plain Boiled Rice.—Put two quarts of water in a stewpan, with a teaspoonful of salt [or less salt, if you please.—Ed. W.-C. J.]; when boiling, add to it half a pound of rice, well washed; boil for ten minutes, or until each grain becomes rather soft; drain it into a colander; slightly grease the pot with butter, and put the rice back into it; let it swell slowly for about twenty minutes near the fire, or in a slow oven; each grain will then swell up, and be well separated; it is then ready for use.

Plain Oatmeal.—Put in a pan a $\frac{1}{2}$ lb. of oatmeal, $1\frac{1}{2}$ oz. of sugar, half a teaspoonful (or less) of salt, and three pints of water; boil slowly for twenty minutes, "stirring continually," and serve. A quarter of a pint of boiled milk, added previous to serving, is a good variation.

Soyer's Plain Lemonade.—Thinly peel the third part of a lemon, which put into a basin with two tablespoonfuls of sugar; roll the lemon with your hand upon the table to soften it; cut it in two, lengthwise; squeeze the juice over the peel, etc.; stir round for a minute with a spoon, to form a sort of syrup; pour over a pint of water; mix well and remove the pips: it is then ready for use. If a very large lemon and full of juice, and very fresh, you may make a pint and a half to a quart, adding sugar and peel in proportion to the increase of water. The juice of the lemon and sugar will make lemonade, but will thus be deprived of the aroma which the rind contains, the said rind being generally thrown away.

Tapioca Pudding.—Put in a pan 2 oz. of tapioca, $1\frac{1}{2}$ pint of milk, 1 oz. of white or brown sugar, a little salt; set on the fire, boil gently for fifteen minutes, or until the tapioca is tender, stirring now and then to prevent its sticking to the bottom or burning; then add two eggs well beaten; steam or bake, and serve. It will take about twenty minutes' steaming, or quarter of an hour baking slightly. Flavor to liking.

Cheap Plain Rice Pudding.—Put on the fire, in a moderate-sized saucepan, twelve pints of water; when boiling, add to it one pound of rice, or sixteen tablespoonfuls, four oz. of brown sugar, or four tablespoonfuls, one large teaspoonful (or less) of salt, and the rind of a lemon thinly peeled; boil gently for half an hour, then strain all the water from the rice, keeping it as dry as possible.

The Pudding.—Add to the rice three oz. of sugar, four tablespoonfuls of flour; stir it on the fire carefully for five or ten minutes; put it in a tin, or a pie dish, and bake. By boiling the rice a quarter of an hour longer, it will be very good to eat without baking.



THE HORNED FROG.

A WHILE ago, on opening a small tin box we had received by mail, we found an animal to which the above cut bears a striking resemblance. It had come all the way from Texas, and was apparently a little stiff in the joints, but revived when set at liberty. Although to us the appearance of this animal is not prepossessing, we presume it is because we are not accustomed to it. Our further acquaintance may (but we doubt it) make us as fond of it as are some of the inhabitants of Western Texas, where it is found in its highest beauty and activity. They are often caught, domesticated, and allowed in the parlor, on the table, anywhere they choose to go, and are petted as much as birds or kittens.

The habits of the horned frog (scientifically *Phrynosoma Planiceps*) are peculiar. Instead of leaping like the ordinary toad or frog, it walks off like an alligator, with considerable speed—so much so, that it is sometimes difficult to catch them. His odd-looking horns give him an appearance of ferocity that he does not possess, as ordinarily it retreats at the approach of seeming danger, and when caught, only struggles to be free, without seeming to have any power to defend itself. Its eyes are bright and expressive. In the summer it hides among the grass, and in winter burrows in the ground. It deposits its eggs in the ground, like turtles and alligators. It will live for weeks confined in a box or bottle, with very little air and nothing to eat.

Texas has several other varieties of *Phrynosomas* which are curious and peculiar, but we think the one with horns the greatest curiosity.

DEATH FROM SUCKING A PEN.—An assistant of Mr. Hannington, of England, named Bellinger, has died from a singular cause. He had an unfortunate habit of sucking his pen with which he had been writing, and a few days since, while using a tooth-brush, he inflicted a slight wound in his lower lip, but, as it caused him not the least pain, he thought nothing more of it. But on Saturday, symptoms of erysipelas manifested themselves, and on the following Friday the poor young man died, his fatal malady having been induced by the poisonous ink which he sucked from the pen penetrating the slight abrasion on his lip.

[From the Irish Quarterly Review.]
LIFE IN A TUB.

[CONCLUDED FROM LAST NUMBER.]

HAVING referred to the fact of the lungs and skin being supplementary organs, the principal duty of both being to *aerate* the blood, it may be interesting to lay before our readers the following extracts from the results of experiments bearing on this point, which have been made by Monsieur Fourcault with the view of ascertaining the effect of the suppression of transpiration by the skin. In animals, by coating their bodies with an impermeable varnish. The committee of the French Institute thus describes these experiments.

"The substances which he used were givét-glue, dextrine, pitch and tar, and several plastic compounds; sometimes the varnish was made to cover the whole of the animal's body; at other times only a more or less extensive part of it. The accidents which follow this proceeding are more or less complete or incomplete general, or partial. In every case the health of the animals is soon much impaired and their life in danger. Those which have been submitted to those experiments, under our observation, have died in one or two days, and in some cases in a few hours only.

"In the opinion of the committee, these experiments are full of interest for the future; * * * the experiments of M. Fourcault can not fail to throw a new light upon the physiological and pathological phenomena depending upon the double function of *inhalation* and *exhalation* of the cutaneous system."

Monsieur Fourcault himself thus writes:

"The mucous membranes were not the only parts affected by the artificial suppression of the insensible perspiration. We also observed the production of serous effusions in the pericardium, and even in the pleuræ. These effusions thus demonstrate that dropsies are found in the same body as mucous discharges. Several dogs died with paraplegia, and could only drag themselves along on their forepaws; some died *atrophied*, and their lungs contained milinary *tubercles*, which appeared to me from their whiteness and softness to be of *recent* formation. It was, therefore, now impossible to doubt the influence of the suppression of the insensible perspiration of the skin upon the changes in the blood, the mucous serous exudations, and finally upon the development of local lesions.

"But the results of these experiments differ *in toto* according as the plastering is partial or general, or as it suspends the action of the skin incompletely or completely. In the first case the alteration of the blood is not carried so far as to cause the dissolution of its organic elements; it can coagulate, and present, in some few cases, a buffy coat of little consistency, bearing some resemblance to that which is found in inflammatory blood. As to the tissues affected, they, however, appear to me to present the anatomical characteristics of the consequences of local inflammation.

"But when the application of very adhesive substances upon the *whole* of the body quickly suppresses the cutaneous exhalation, and consequently prevents the action of the air upon the skin, death takes place much more speedily, and

appears to be the result of *true asphyxia*. The breathing of the animal, experimented upon is difficult—they take deep inspirations in order to inhale a larger quantity of air than usual; their death is violent, and is often accompanied by convulsive movements. On dissection, we find in the veins and the right cavities of the heart, sometimes also in the left, but very rarely in the arteries, a black diffuent blood, forming sometimes into soft and diffuent coagula, and coagulating very imperfectly when exposed to atmospheric air. This dissolution of the blood is from the formation of large ecchymoses and of effusions into the lungs and other organs; the capillary vessels are usually injected. One can see that the alteration of the blood has been the true cause of the stagnation of the circulation in this order of vessels. * * * *

"It is important to state that man, in the same way as animals, dies from *cutaneous asphyxia* when his body is covered by impermeable applications. I shall detail, in another work, the results of my researches upon this subject, and facts which still belong to general history will enter into the province of medicine. Thus at Florence, when Leo X. was raised to the pontificate, a child was gilt all over, in order to represent the golden age. This unfortunate child soon died, the victim of a physiological experiment of a novel kind. I have gilded, silvered, and tinned several guinea-pigs, and all have died like the child at Florence."

Monsieur Fourcault in summing up his researches remarks as follows:

"Nasal catarrh, diarrhea, paralysis, marasmus, convulsive movements, and finally the phenomena of *asphyxia* are also the results of the same experiments. Cutaneous asphyxia may cause the death of man and animals; in this affection the blood presents, in the highest degree, the refrigerant and stupefying qualities of *VENOUS** blood."

The above extracts are our answer to those superficial medical objectors who would argue that death is not occasioned in the above cases by the exclusion of atmospheric air from the system, but by the suppression of poisonous salts secreted in the skin; the effects of the suppression of the most poisonous and irritating of these is well known to the physician, but the phenomena which they present bear no analogy to those presented in the case before us, which exhibit all the symptoms and appearance of true *suffocation*; if, however, the evidence of these experiments be not sufficient to convince them, we will be prepared to meet them on a more convenient battle-field, where arguments which would only prove tedious and unintelligible to the non-professional reader, may be adduced without reserve in support of our position.

Now if it be conceded that the main cause of consumption (tracing the disease back to its earliest stage) is to be found in an insufficient supply of oxygen to the system (which certainly the success attendant on the treatment based upon this theory would lead one to suppose), we would ask our readers seriously to reflect how can consumption be cured by drugging, and how can the much required oxygen be supplied to the system by any such proceeding? We think that the results of such a system afford a satisfactory answer to this question; failure marking its course wherever it has been tried. Again, as regards the fashionable remedy of going abroad, how are we likely to get more oxygen supplied to us abroad than at home? A mild climate may certainly

prove less irritating than our native air to a diseased and disordered lung and the suffering and uneasiness consequent on the irritation may be thereby allayed, but we are not a whit nearer being cured, nor have we properly gone to work* to remove the mainspring and origin of the disease.

Let our readers bear in mind the following aphorism of Dr. Hall: "Close bedrooms make the graves of multitudes;" let them recollect that impure blood is the origin of consumption, and that impure air causes impure blood. Acting on these principles, in curing consumption, Dr. Barter would use all means to place the system in a favorable condition to receive a full supply of oxygen, first by a direct inhalation of a mixture of oxygen and atmospheric air through the lungs, secondly by enjoining a large amount of active exercise in the open air, when practicable, and sleeping at night with open windows, and thirdly by inducing a healthy action of the skin,† and consequent supply through it of oxygen to the blood, by the intervention of the Turkish bath; this mode of treatment has, we believe, proved most successful, while the old mode of treatment, of which it is the very antipodes, viz., keeping the patient in a heated and impure atmosphere, swathing him with flannels and applying a respirator to the mouth, has proved most unsuccessful and fatal; how it could ever have entered into the brain of a physician to recommend the use of a respirator as a cure for consumption we are at a loss to imagine; a more ingenious mode of shutting out the pure atmosphere essential to our existence, and exchanging it for one loaded with carbonic acid (thus aggravating the disease which it seeks to cure), could not possibly be devised. Man in a state of health requires pure air as a condition of his existence, and can it be supposed that in a state of disease he will be able more successfully to resist the effects of poison on his system than when in a state of health? Will he in a state of disease be strengthened and improved by the loss of that, on a due supply of which, when well, the continuance of his health and strength would depend? Does the experience of our readers furnish them with a single case of recovery from consumption caused by the use of a respirator, or does it not, on the contrary, supply them in every case where it has been resorted to with instances of the bad effects attendant upon its use?

In support of the view taken by Dr. Barter, we would observe that *narrow and contracted lungs, an impure atmosphere, uncleanly habits, sedentary occupation, indulgence in alcoholic liquors, and over-eating*, all directly tend to the overloading of the blood with carbon, and they are also the most frequent causes of consumption; but the success attending this treatment is the argument which will have most weight with the public, and tend to its extension and adoption by the profession at large; when this takes place we shall not have consumptive patients sent abroad to seek restoration of their health—"to Nice, where more native persons die of consumption than in any English town of equal population—to Madeira, where no local disease is more prevalent than consumption—to Malta, where one third

* Where consumption has been relieved by residence abroad, the benefit derived must be attributed to the action on the skin produced by the hot climates to which the patient is usually ordered, but recovery in this way has been confined to very mild forms of the disease, and can not be looked upon as a scientific mode of treatment, the improved action of the skin deserving to be considered rather as induced *accidentally* than by design; as otherwise more attention would have been paid to so important a matter, and there would have been no necessity for ordering the patient abroad, as similar results could have been obtained much more easily and effectually by keeping him at home; the use of the Turkish bath conferring all the benefits of increased temperature, followed by the tonic effects of cool air and water, by which the debilitating effects of *continual* residence in a warm climate are obviated.

† Dr. Hufeland remarks: "The more active and open the skin is the more secure will the people be against obstructions and diseases of the lungs, intestines, and lower stomach; and the less tendency will they have to gastric (stomach) fevers, hyochondriasis, gout, asthma, catarrh, and varicose veins."

of the deaths among our troops are caused by consumption—to Naples, whose hospitals record a mortality from consumption of one in two and one third of the patients—nor, finally, to Florence, where pneumonia is said to be marked by a suffocating character, and a rapid progress toward its final stage. Sir James Clarke has assailed with much force the doctrine that change of climate is beneficial in cases of consumption. M. Carriere, a French physician, has written strongly against it. Dr. Burgess, an eminent Scotch physician, also contends that climate has little or nothing to do with the cure of consumption, and that if it had, the curative effects would be produced through the skin and not the lungs, by opening the pores, and promoting a better aeration of the blood."

Before leaving this subject we would entreat our readers seriously to consider the observations here addressed to them, and the facts which have been adduced in support of the mode of treatment which we have advocated. The subject is one of fearful moment, as on this disease being rightly understood, the lives of millions of our countrymen depend; if a rational mode of treatment be adopted, its fearful ravages may be successfully encountered and stayed, but if not, the gaunt specter will stalk, as it has hitherto done, unchecked, through the length and breadth of our island, bearing death to millions of her sons.

With regard to water-drinking, an important part of the hydropathic process, and against which much prejudice exists, the following extracts from the pen of the justly celebrated allopathic physician, Sir Henry Holland, will not, we hope, be considered out of place. In his work styled "Medical Notes and Reflections," treating of "Diluents," he thus writes:

"Though there may seem little reason for considering these as a separate class of remedies, yet I doubt whether the principles of treatment implied in the name is sufficiently regarded in modern practice. On the Continent, indeed, the use of diluents is much more extensive than in England; and, under the form of mineral waters especially, makes up in some countries a considerable part of general practice. But putting aside all question as to mineral ingredients in water, the consideration more expressly occurs, to what extent and with what effects this great diluent, the only one which really concerns the animal economy, may be introduced into the system as a remedy? Looking at the definite proportion which in healthy state exists in all parts of the body between the aqueous, saline, and animal ingredients—at the various organs destined directly or indirectly to regulate the proportion—and at the morbid results occurring whenever it is materially altered—we must admit the question as one very important in the animal economy, and having various relation to the causes and treatment of disease. Keeping in mind, then, this reference to the use of water as an internal remedy, diluents may be viewed under three conditions of probable usefulness: first, the mere mechanical effect of quantity of liquid in diluting and washing away matters, excrementitious or noxious, from the alimentary canal; secondly, their influence in modifying certain morbid conditions of the blood; and thirdly, their effect upon various functions of secretion and excretion, and especially upon those of the kidneys and skin. * * * * The first is an obvious benefit in many cases, and not to be disdained from any notion of its vulgar simplicity. It is certain there are many states of the alimentary canal in which the free use of water at stated times produces good, which can not be attained by other or stronger remedies. I have often known the action of the bowels to be maintained with regularity for a long period simply by a tumbler of water, warm or cold, on an empty stomach, in cases where medicine had almost lost its effect, or become a source only of distressing irritation. The advantage of such treatment is still more strongly attested where the secretions taking place into the intestines, or the products formed there during digestion,

* When blood is overloaded with carbon, and deprived of its necessary supply of oxygen, the term "Venous" is applied to it.

become vitiated in kind. Here dilution lessens that irritation to the membranes which we can not so readily obviate by other means, and aids in removing the cause from the body with less distress than any other remedy. In some cases where often and largely used, its effect goes farther in actually altering the state of the secreting surfaces by direct application to them. I mention these circumstances upon experience, having often obtained much good from resorting to them in practice, when stronger medicines and ordinary methods had proved of little avail. Dilution thus used, for example, so as to act on the contents of the bowels, is beneficial in many dyspeptic cases, where it is especially an object to avoid needless irritation to the system. Half a pint or more of water taken when fasting at the temperature most agreeable to the patient, will often be found to give singular relief to his morbid sensations. * * * In reference to the foregoing uses of diluents, it is to be kept in mind, that the lining of the alimentary canal is, to all intents, a surface, as well as the skin, pretty nearly equal in extent, exercising some similar functions with others more appropriate to itself, and capable in many respects of being acted upon in a similar manner. As respects the subject before us, it is both expedient and correct in many cases to regard diluents as acting on this internal surface analogously to liquids on the skin. And I would apply this remark not only to the mechanical effects of the remedy, but also to their use as the medium for conveying cold to internal parts; a point of practice which either the simplicity of the means, or the false alarms besetting it, have hitherto prevented from being duly regarded."

Again he writes:

"Without reference, however, to these extreme cases, it must be repeated, that the use of water, simply as a diluent, scarcely receives attention and discrimination enough in our English practice."

And again:

"As I have been treating of this remedy only in its simplest form, I do not advert to the use of the different mineral waters further than to state, that they confirm these general views, separating, as far as can be done, their effect as diluents from that of the ingredients they contain. The copious employment of some of them in continental practice gives room for observation, which is wanting under our more limited use. I have often seen five or six pints taken daily for some weeks together (a great part of it in the morning while fasting), with singular benefit in many cases to the general health and most obviously to the state of the secretions. * * * These courses, however, were always conjoined with ample exercise and regular habits of life; doubtless influencing much the action of the waters, and aiding their salutary effect."

With this quotation we take leave of Sir Henry Holland, merely observing, that no hydropathist could say more on the subject than he has done, and that the Continental practice referred to, of drinking large quantities of water conjoined with ample exercise and regular habits of life, is precisely that practice which hydropathy enjoins.

It may not be uninteresting to observe, that under Hydropathic treatment, chronic disease frequently becomes acute, for as the body improves in strength the more acutely will any existing disease develop itself, and for the following reason: pain is caused by an effort of nature to relieve the system of some morbid influence residing in it, and the stronger the constitution, the greater efforts will it make to remove that morbid influence, and therefore the greater will be the pain; but, on the other hand, when the body is enfeebled, its efforts to relieve itself, though continual, are weak and inefficient, and the disease remaining in the system, assumes the chronic and less painful form. Now with these facts before them, we have been amused at hearing physicians observe, in their efforts to decry the "Water System," "Oh, it is good for the general

health, but nothing more." When speaking thus, they do not, however, reflect that they are affording the strongest possible testimony in support of the system which they seek to decry, inasmuch as every physiologist, from Cape Clear to the Giant's Causeway, admits the principle, that the cure of disease is to be sought for in the powers of the living organism *alone*, and it must be evident that the more you strengthen that organism, the more you increase its powers to cure itself, and diminish its liability to future disease.

Having trespassed thus far on the attention of our readers, we would conclude by inviting them, and the medical profession generally, to a calm and dispassionate investigation, as far as their opportunities allow, of the relative merits of the allopathic and hydropathic modes of treating disease, approaching the investigation with a mind devoid of prejudice and bigotry. Their duty to themselves and to society demands this inquiry from them—two antagonistic systems (we use the term advisedly) are presented for their acceptance, which will they lay hold of? To assist them in determining this point we would recommend for their quiet perusal, either or all of the works alluded to in this article, the study of which will be found interesting and profitable. If they conclude that drugs are wholesome, let them by all means be swallowed; but if they are proved to be injurious, deleterious, and unnecessary, then away with them; if opiates are innocuous, let them be retained; but if they congest the liver, sicken the stomach, and paralyze the actions of the vital organs, the sooner they are erased forever from the Hygienic Pharmacopœia the better—let them gracefully retire in favor of the improved system of hot stupes, fomentations, and the abdominal compress.

The very simplicity of the processes of the Water-Cure, which people can not believe capable of producing the effects ascribed to them, has chiefly militated against its more universal reception, by the lay public, together with the belief (ingrained by long habit), in the absolute necessity for drugs, in curing disease; but this belief, if not rationally founded, will soon give way: were the condition, however, of affairs reversed, and Hydropathy become as old a system as the Allopathic, this belief, in the efficacy of an old school, might be securely entertained; for no one would think for a moment of exchanging a system, fixed, intelligible, and certain in its action, as based on scientific principles, and consonant with the laws of physiology, for the uncertain, groping, empirical, and injurious practice of drug medication.

We would ask the medical profession of Ireland to reflect on the fact, that Dr. Barter's establishment at Blarney contains at this moment upward of 120 patients, with many more frequently seeking for admission within its walls, most of whom leave the establishment ardent converts to Hydropathy, determined for the rest of their lives to "throw physic to the dogs," fleeing from it as from some poisonous thing. It will not do for them to pooh-pooh the system, and tell their patients, as many of them do, that it will kill them; such language only betrays ignorance on their part, and will not put down a system which daily gives the lie to their predictions by affording ocular demonstration of its efficacy in the restored health and blooming cheek of many a once emaciated friend. Men are too sensible nowadays to pin their faith on the dictum of a medical man who runs down a system without fairly investigating it and examining the principles on which it acts, to say nothing of the prejudice he must feel in favor of his own particular system; but if a mode of treatment be rational, producing

* A friend of ours was told by a physician in whom many place confidence, that if he attempted to take the Turkish bath it would kill him; he had, however, read something on the subject, and remembering the words of the song, "Pity that charming women talk of things that they don't understand," he went to Blarney, tried the bath, luxuriated in it, and is now deriving the greatest benefit from its use. If the physician alluded to wishes for the name and particulars of this case, we will furnish him with them, with pleasure.

cures when every other system of treatment has failed, and recommend itself to the common sense and reason of mankind, we believe such a principle will make its way despite of all the opposition it may encounter, and this very progress the Water-Cure is at present making.

We would in conclusion apostrophize Hydropathy in the words of the American traveler, who gave vent to his feelings on first beholding the falls of Niagara, by exclaiming, "Well done, water!"

FUD ANTIPARIZ.

ALIMENTARI s̄bstansez ar substansez servij az n̄riment; b̄st a gret mistek iz med hwen it iz imadjind dat der niutritiv valiu onli rezsltz from de severa amounts ov karbon, neitrodjen, oksidjen, and solts hwitg de konten. It rezsltz from de relegon hwitg de severa substansez ber tu de organizm hwitg de go tu n̄rigr. De soundz ov an organ mek n̄r miuzik tu de def, and kslorz mek n̄r piktur tu de bleind. A s̄bstans hwitg n̄rigr ez w̄n animal aferdz n̄r n̄riment tu an̄der; nor wil a tebel ov "niutritiv ekwivalents" konvins a man dat a given substans wil n̄rigr him in vertiu ov its kompozigon, hwen ekspr̄iens haz olredi konvinst him dat it wil not n̄rigr him, doutles b̄jk̄oz ov s̄sm diskordant or konfliktip relegon b̄jtw̄n it and hiz organizm. Dat "w̄n man'z fud iz an̄der man'z poizon," iz a most tru proverb. Der ar personz hui instinktivil grijk from s̄sm ov de kom̄stest artikels ov deiet.

Mr. Djemz Rigbi, de wel-n̄n lekturer on Sojal Ekonomi, kanot jt m̄jt. H̄j woz br̄ot sp̄ am̄s̄ pipel hui abdjurd m̄jt. Hiz havīn b̄jn eduketed tu de yus ov s̄der deiet haz fikst on him a rep̄sgnans tu animal fud. H̄j haz n̄r kongien̄ss obdjekgonz tu m̄jt, b̄st haz an antipadi tu it; or, m̄er akiurētli sp̄ik̄ip, hiz organizm grijks from it. N̄r keind ov m̄jt kan b̄j disgeizd so dat hiz s̄smak gal not reiz agenst it.

In 1844 a Freng soldier woz f̄erst tu kwit de servis b̄jk̄oz h̄j kud not overk̄sm hiz veiolent rep̄sgnans and dis̄gst̄ teard animal fud. Dr. Prout niú a person on hum m̄ston akted az a poizon: "H̄j kud not jt m̄ston in eni form. De pekiuliariti woz s̄sp̄ozd tu b̄j ōip tu kaprijs, b̄st de m̄ston woz rep̄jtedli disgeizd, and given tu him unn̄n, b̄st yuniformali wīd de sem rezslt ov pr̄diusip-veiolent vomitip and deiarja; and from de severiti ov de efekts, hwitg were, in fakt, dēz ov a virulent poizon, der kan b̄j b̄st litel dout dat if de yus ov m̄ston had b̄jn persisted in, it wud sun hav destr̄oid de leif of de individual." Dr. Pereira, hui kw̄rts dis̄ pas̄edj, adz: "Ei n̄ó a djentelman hui haz rep̄jtedli had an at̄ak ov indidjestion after de yus ov rost m̄ston."

S̄sm persons, it iz n̄n, kanot tek kofi widout vomitip; s̄der ar br̄en int̄u a djeneral inflamegon if de jt t̄geriz or guzberiz. Han relets ov himself dat seven or et stroberiz wud pr̄dius konv̄lgonz in him. T̄is̄ sez h̄j never kud swol̄e gugar widout vomitip. Meni personz ar s̄nebel tu jt egz; and keks or pudipz havīn egz

in der kompozigon, prœdius sjiŕss distŕbansez in sstg personz; if de ar indiuŕst tu jŕ dem under fols aguranssez ov nœ egz haviŕ bŕn emplot, de ar suun sudesjvd bei de snmistekabel efekts.

Snder les streikiŕ formz dŕs diferens in de asimiletiŕ pouer ov diferent human bŕjŕz iz familiar tu ss ol. Wŕ sj our frendz friŕli indŕldjŕ, wid benefit insted ov harm, in keindz ov fud hwitg ekspŕiens tŕu penfuli agurz ss wŕ kan jŕ ŕoli wid serten indjuri. Tu dŕs fakt de atengon ov perents and gardianz gud sŕiŕsli bŕ given, dat bei it de me lern tu avoid de peti tirani and foli ov insistiŕ on tŕildren jŕting fud for hwitg de manifest a repŕgnans. It iz tu komŕn tu trŕjt a tŕeild'z repŕgnans az mir kapŕjs, tu kondem it az "stŕf and nonsens," hwen bŕ refiuzez tu jŕ fat, or egz, or serten vedjetabelz, and "hœlssm" pudŕp. Nou jven a kapŕjs in sstg materz gud not bŕ oltugeŕer sleited, espeŕali hwen it teks de form ov refiuzal, bŕkoz dŕs kapŕjs iz probabli nœdŕ les dan de ekspŕegon ov a partikular and temporari stet ov hiz organizm, hwitg wŕ gud duu roŕ tu disregard. And hwenever a refiuzal iz konstant, it indikets a pozitiv snŕitnes in de fud.

ŕoli grœs ignorans ov fiziolodji—an ignorans snhapili tu weidli spred—kan argiu dat, bŕkoz a serten artikel iz hœlssm tu meni, it mœst nesesarili bŕ hœlssm tu ol. Eŕg individual organizm iz spesifikali diferent from eni sŕder. Houever mutg it mœ rezembel sŕderz, it nesesarili, in ssm points, diferz from dem, and de amount ov dŕz diferenssez iz often konsiderabel. If de sem wev ov er, streikiŕ spon de timpanism ov tu diferent men, wil prœdius soundz tu de wŕn hwitg tu de sŕder ar inapŕgiabel—if de sem wev ov leit wil afekt de vijon ov wŕn man az dat ov a red ksŕlor, hweil tu de vijon ov ansŕder it iz nœ ksŕlor at ol, hou snŕizonabel iz it tu ekspekt dat de sem sŕbstans wil ber preseisli de sem relegon tu de alimentari kanal ov wŕn man az tu dat ov ansŕder! Ekspŕiens tels ss dat it iz not sœ.—*English Journal of Health.*

HOUSEKEEPING.

A PAPER READ BEFORE THE "HEARTHSTONE CLUB."

PEOPLE talk about developing the mind and cultivating the heart; and read essays and books, and hear lectures, and study Latin and mathematics, and go to church, and try all sorts of expedients—and very good ones, too; but just let them descend from their ethereal flights and take charge of the bread-and-butter portion of life, and they'd get developed and disciplined as they never dreamed of, I can promise them!

I speak from experience. I had always been a student, and had looked down with somewhat of contempt on humble housekeepers' affairs; so that when I was invited to take charge of an establishment, I accepted with an easy feeling of superiority, reflecting that, though, to be sure, it was very humble to be employed in ministering to the wants of our gross corporeal system, still it was a mere trifle that might easily be disposed of.

Upon entering into the duties of my office my

mind became marvelously enlightened. A new world opened before me. I found a new field for discipline and improvement. My mind was exercised in a novel manner. Hitherto I seemed only to have theorized—now all those properties of mind and heart over which I had speculated abstractly, were called into vigorous action.

I had taken the whole charge of things material, from attic to cellar—no one to rely upon for anything. From the arrangement of the parlor furniture to the washing of potatoes in the kitchen, all was to be the work of my hands. And now let me tell you that this is the only way to know anything about the matter. Don't laugh at me when I tell you that it expands the mind. You will find it so. You are obliged to take in at one view all the diverse wants of the entire material system, essential and conventional, and revolve them over in your brain with a view to satisfying and harmonizing them. The claims of chambers, parlors, and kitchen, of palate and wardrobe, must be duly investigated and attended to. Economy and elegance, beauty and utility, must be equally observed. Every morning you must arise with a view of the day all mapped out on the brain. Such a portion to getting breakfast, such to baking, such to cleaning, arranging and beautifying, such to mending father's or husband's or brother's shirt or coat, and finally the last finishing touches, and the purifying and remodeling of your own *tout ensemble*. Every morning must this house be restored from its usual chaos to symmetry and beauty. Three times per day a well-ordered meal must be planned in the mind; gradually by multifold appliances each item pass through the requisite ceremonies, be brought simultaneously to perfection, and arranged tastefully upon the table. Three times per day must the faded and broken remains of this beautiful creation be duly disposed of, and the soiled crockery restored to its primitive purity. Life seemed a daily warfare against the great reigning evil—*dirt*. Dirt must be hunted around in every nook and crevice, in chambers, parlors, through hall, and down into the kitchen, where it is doomed to be cornered up for a final overthrow. Daily must I don my coat of mail in the shape of a calico dress, check apron, and thick shoes, and arm myself with broom and duster, or dish-cloth and towel, as the case might be, for the usual warfare against this great arch enemy. I doubt whether the Crusaders, in the height of their zeal, were more enthusiastic in defending the Holy Land against the Infidels, than I in defending my fair domain against the encroachments of the foul intruder. So much for the development of energy.

Well, I soon came to feel the dignity and importance of my station. How little people know their dependence upon each other! The noble lords of creation, going forth gloriously in their strength, little dreamed they were as helpless as babes in my hands—that to my exertions they owed their vigor of body and serenity of mind. Yet I knew they were at my mercy. I was the fountain-head—the source. If the beef was too rare or too crisp, the potatoes half done, or the toast burnt, would they not be uncomfortable and their business go wrong all day? If their buttons were not sewed on, and their coats brushed, might they not get snubbed in the car, or passed without recognition by lady friends? And would not all these things tend to disturb the equilibrium of those sage and profound craniums? I knew it would, and felt my power, and grew self-reliant.

Calculation and invention are called out not a little in this same employment of housekeeping. To keep constantly on hand all the divers kinds of eatables, to invent every day three meals, each on a different plan, and with different appliances and accompaniments; to work up all the neglected fragments into something new and delicious, develops latent powers of the mind, and brings them into vigorous action. Then comes contriving for economy of time and substance—bake something ironing day, because the oven is hot; clean the paint washing-day because there is plenty of warm water; sweep while the potatoes are boiling;

do chamber work while the irons are heating. But, oh! who that has ever "got up" a dinner can tell, in after moments of tranquillity, how she ever contrived to pilot the soup, the potatoes, the onions, the squash, the gravy, the beef, the pudding, all safely through their fiery ordeal and bring them out triumphantly at precisely the same moment, each in perfection, neither a particle underdone or overdone, and arrange them tastefully in the midst of their accompaniments on a tastefully set table, conceived and executed nobody knows when, during the intervals? Does the world present another instance in which so many and varied powers of mind and body are called into such vigorous exercise in so short a space of time?

Was there ever a dinner got up without a miracle? Does it not require a special inspiration? And then, when the repast is concluded, those fragments must be duly disposed of. Turn them over to the tender mercies of your inventive genius; this dish can be warmed over, such an article can be fried, another thing will be good cold on some future day. Now, with a few magic waves of the dish-cloth, all this unsightly heap of greasy plates and platters is changed to harmony and beauty. I stood over the deserted dinner-table one day with a consciousness of power and ability that I had never felt before. I gazed the other morning upon my collection of unwashed vegetables, my huge joint of meat, my rice, sugar, raisins, with an emotion such as an artist feels when he sees a statue in a block of marble. Indeed, why is not housekeeping a fine art? Is it not? It has its petty drudgery, and what art has not? Love of symmetry and beauty is developed in the setting of a table, placing the various dishes in such a relation that the whole may produce an agreeable effect; in the arrangement of a room, with such a light and shade, and with chairs, ottomans, sofas, stands, books and paintings in such relation as to give expression and character to the whole. We never appreciate anything as we do when it is attained through our own hard labor. On the eve of that momentous day when I had accomplished my first ironing, and was folding up my clothes to put them away, I was deeply impressed with a sense of the beautiful. How fair and pure seemed those snowy articles, as they fluttered before me in the gathering twilight! They had become so beautiful from passing through the soap-suds of yesterday, and the heating and pressing of to-day! There were the half dozen shirts over which I had spent so much thought and strength. The bosoms and collars gleamed on me like little white angels! I tell you there is a great deal of *poetry* in a newly-ironed shirt!

But if housekeeping proves an excellent school for the exercise of the mind, much more does it for the discipline of the heart. The little everyday annoyances of life, more than any great trial, are the test of character. If any woman ever arrives at so great a state of sanctity that she can calmly and philosophically go through a regular baking or cleaning; that when the bread is burning, and the neighbors' hens are cackling in her own newly swept front yard, and husband is looking for something he can't find, and Charley is tugging at her skirts for a piece of gingerbread, and the door-bell rings, she can maintain anything like equanimity, if, under such circumstances, she can live up to Christian principles, we can not but be convinced that her whole nature has become more symmetrically developed than if she had passed her life wholly in library or convent.

Housekeeping develops at once the strong, practical, reasoning, and the esthetic portion of our nature. The esthetic conceives, the sterner faculties execute. Body and mind work in unison.

When the Creator placed us in this world with no way to supply our wants but by exertion, he did just the very best thing for us. Thus is every faculty kept in healthful exercise, and the mind becomes strong and able to cope with important and profound subjects. It is by and through things temporal that we rise to things spiritual.

DICTIONARY OF MILITARY TERMS.

ABATIS—a temporary work made of felled trees, with the branches pointed upward.

APPROACH—1, the advances of an army; 2, the works thrown up to protect the advances of an army.

BARBACAN—1, an outwork or defense of a city or castle, consisting of an elevation of earth along the foot of the rampart; 2, a fort at the entrance of a bridge or the outlet of a city, having a double wall, with towers; 3, an opening in the wall of a tower or fortress through which to fire upon an enemy, called also an *embrasure*.

BARBETTE—In a battery, guns are said to be placed *en barbette* when they stand high enough to fire over the crest of the parapet, instead of, as usual, through embrasures.

BARRICADE—a defense made in a narrow passage with such things as can be hastily collected, such as trees, wagons, etc., to check the progress of an enemy.

BAR SHOT—a bar of iron with a round head or ball at each end.

BASE—a tract of country possessing certain natural or artificial advantages, and from which the operations of an army may proceed.

BASTION—a outwork, *i. e.*, an erection by which the line of a fortification is broken, so as to obtain lateral defenses and a due command of every point.

BATTERY—a parapet thrown up to cover the gunners from the enemy's shot, and in which embrasures are made through which the cannon are projected to be fired. The term is also applied to a number of guns ranged in order for battering, and to mortars used for a like purpose.

BLOCKHOUSE—a house made of beams, joined together crossways, and often doubled, with a covering and loopholes.

BREAKING GROUND—opening the trenches and beginning the works for a siege.

BREASTWORK—a work thrown up to afford protection against the shot of the enemy. Breastworks are usually made of earth.

BREVET—a nominal rank in the army higher than that for which pay is received.

BULWARK—in *anient fortifications*, is nearly the same with *bastion* in the modern.

CADET—a pupil of a military academy.

CALIBER—the diameter of the bore of any piece of ordnance.

CANNISTER SHOT—a quantity of bullets or slugs inclosed in a cylindrical tin case, which, when fired from a cannon, burst open, allowing the contents to scatter in every direction.

CARTEL—1, a writing or agreement between states at war for exchange of prisoners or other mutual advantage, also the vessel employed to convey the messenger on the occasion; 2, a letter of defiance, a challenge.

CASEMATE—a bomb-proof room surrounding the embrasure of a fort. The cannon fired from casemates are called casemate guns.

CHEV-UX DE FRISE—a piece of timber traversed with wooden spikes, pointed with iron, five or six feet long, used to defend a passage, stop a breach, or make a retrenchment to stop cavalry.

CHAIN SHOT—two balls connected by a short chain. When fired, the balls extend the chain, which acts with great efficiency in cutting away masts and shrouds—and is very destructive when fired into a column of men.

COLUMBIAD or PAIXHAN—a large gun, sometimes enormously so, for firing any projectile, but chiefly used for shells. Its accuracy of aim is much greater than the mortar. It was invented by General Paixhan about 35 years ago.

CONTRABAND—1, a commodity prohibited to be exported or imported, bought or sold; that class of commodities which neutrals are not allowed to carry during war to a belligerent power.

CORDON—a row of stones made round on the outside, and set between the wall of the fortress which lies aslope, and the parapet which stands perpendicular.

COUNTER APPROACHES—lines and trenches made by the besieged to attack the works of the besiegers or hinder their progress.

COUNTERGUARD—a work raised before the point of a bastion.

COUNTERMINE—a well and gallery sunk and driven till it meets the enemy's mine, to prevent its effects.

COUNTERMURE—a wall raised behind another to supply its place when a breach is made.

COUNTERSCARP—the exterior talus or slope (*escarpe*) of the ditch, or the talus that supports the earth of the covert-way with its parapet and glacis.

COUNTERSIGN—watchword.

COUTURE—a passage cut through the glacis, in the re-entering angle of the covert-way, to facilitate the sallies of the besieged.

CULVERIN—a long, slender piece of ordnance or artillery for carrying a ball to a great distance.

CUNETTE—a deep trench in the middle of a dry moat, to obstruct the enemy's approach to a fortified place.

CURTAIN—that part of a rampart which lies between two bastions.

DAHLGREN'S—short cannon of large caliber, of great thickness at the breech, and diminishing toward the muzzle.

DEPLOY—the expansion of a body of troops previously compacted in column, etc., so as to offer a large front.

DIKE—radically the same word as *ditch*. Engineers use this term in the same sense as *embankment*, with this difference, that a hydraulic embankment, and one impervious to water, is meant. Thus a considerable portion of Holland is preserved from the sea by *dikes*. Geologists and miners apply the name *dikes* to a wall of

mineral matter cutting through the strata in nearly a vertical position.

DONJON—a strong tower or redoubt of a fortress, into which the garrison may retreat, in case of necessity.

DOUBLING—putting two files or ranks of soldiers into one.

EARTHWORK—a term applied to cuttings, embankments, etc.

EMBRASURE—an aperture in a parapet through which cannon are fired, called also an *embutlement*.

ENFILADE—a term used in speaking of trenches, etc., which may be seen and scoured with shot all the length of a line. Hence trenches are usually dug in a zig-zag manner, that they may not be *enfiladed*, or shot along their whole length.

ESCALADE—an attack made by troops on a place, made by scaling the walls of the fortifications, filling up the ditches with fascines, and entering by ladders.

ESCARPMENT—the exterior slope facing fortified works; the interior slope is the *counterscarp*.

ESPLANADE—the empty space between the glacis of a citadel and the first houses of the town; or the glacis of the counterscarp or covert-way toward the campaign.

ESTACADE—a dike constructed with piles in the sea, a river, or morass, to oppose the entry of troops.

EVOLUTION—the motion made by a body of men in changing their position or form of drawing up.

FABIAN—that line of military tactics which declines the risking of a battle in the open field, but seeks every opportunity of harassing the enemy by counter-marches, ambuscades, etc., as was practiced by Q. Fabius Maximus, a Roman general, opposed to Hannibal.

FASCINES—bundles of rods, bound at both ends and in the middle, used for raising batteries, filling ditches, strengthening ramparts, making parapets, etc.

FIELD-PIECES—small cannon mounted on such carriages as are adapted to be drawn on ordinary roads.

FIELD-WORKS—are those thrown up by an army in besieging a fortress, or, by the besieged, to defend the place; or by an army, to strengthen a position.

FLANK—1, a term synonymous with the *side*, as distinguished from the *front* or *rear* of an army; 2, that part of a bastion which reaches from the curtain to the face; it is a line drawn from the extremity of the face toward the inside of the works.

FLOATING BRIDGE—a sort of double bridge, the upper one projecting beyond the lower one, and capable of being moved forward by pulleys; used for transferring troops across moats.

FORLORN HOPE—a detachment of men (volunteers) appointed to lead in an assault, or to perform any service attended with imminent peril, thus named from the small hope they have of surviving.

FOSSE—a ditch, applied in forification to the moat lying between the scarp and counterscarp, and in anatomy to any little furrow or sinus.

FRASE or FRIZEE—a kind of palisade or stake, placed horizontally in the exterior face of such ramparts as have only half revetments, for the purpose of preventing the assailants from ascending.

GALLERY—a covered walk across a ditch in a besieged town, made of strong planks and covered with earth. It was formerly used for carrying a mine to the foot of a rampart.

GAZONS—sods or pieces of fresh earth, covered with grass, about a foot long, and half as broad, cut in the form of a wedge, to line the parapet. The term *gazon* is French for sod.

GRAPE SHOT—a cluster of small shot, usually larger than used for canister shot, confined in a canvas bag.

GRENADE—small shells two or three inches in diameter, which can be fired from guns or thrown by hand.

HALF-MOON—an outwork having two faces, and a gorge in the form of a half moon.

HOWITZER—a kind of mortar or short gun, mounted on a field-carriage, and used for throwing shells, etc. It differs from a mortar in having the trunnions in the middle.

LANGREL or LANGRAGE—pieces of iron of any size or shape used as shot.

LUNETTE—an enveloped counter-guard, or elevation of earth, made beyond the second ditch, opposite to the place of arms.

MANIFESTO—a public declaration, made by a prince or sovereign, of his intentions, opinions, or motives, as a *ma' feste*, declaring the necessity of a war, the reasons for its being undertaken, and the motives by which he is induced to it.

MARQUE, LETTERS OF—a power, license, or extraordinary commission, granted by a state to its subjects, to make reprisals on the subjects of another for damages sustained at sea. *Marque* is a French word, said to be from the same root as *march*, a limit, literally denoting a license to pass the limits of a jurisdiction on land, for the purpose of obtaining satisfaction for theft, by seizing the property of the subjects of a foreign nation; the ship commissioned for making reprisals is also called a *letter of marque*.

MARTINET'S—a cant phrase for severe military discipline, derived from a Colonel Martinet, in the French army, who devised a peculiar whip for military punishment.

MORTARS—most ancient form of cannon—are very short cannon with wide mouths—so called from the resemblance in form to the utensil of the druggists—for throwing shells only.

OFFICERS—The highest officer in the U. S. army is Lieutenant-General. The undergrades are, Major-General and Brigadier-General. These are known as *General Officers*; subordinate to these are the *Field Officers*—Colonel, Lieutenant-Colonel, and Major. The *Line Officers* are, Captains, Lieutenants, and Ensigns. Sergeants and Corporals are non-commissioned officers.

ORDERLY—the *orderly books* are those books in which the sergeants write the general and regimental orders. *Orderly sergeants* are the highest non-commissioned officers or companies. They receive from the captain the company orders, and promulgate them.

ORGES—1, a French term for long pieces of timber pointed and shod with iron, and hanging over a gateway, to be let down in case of attack; 2, a machine composed of several musket barrels united, by means of which several explosions are made at once to defend breaches.

PETARD—a warlike engine, made of metal, and shaped like a sugar-loaf. It is loaded with powder, and fixed on a madrier or plank, and exploded against gates, barricades etc., to break them open.

PICKET, Fr. *piquet*—a guard consisting of a small number of men, who do duty at an outpost to prevent surprises; 2, pickets are sharp stakes, sometimes shod with iron, used in laying out ground, or for pinning the fascines of a battery.

PIKE—a weapon consisting of a long wooden shaft, with a flat steel head pointed. Its use among soldiers is now superseded by the bayonet.

PLATOON—two files or ranks forming a subdivision of a company.

PORTCOON—a floating bridge, formed of flat-bottomed boats, anchored in two lines, with planks laid across, for the passage of soldiers and military stores. The boats themselves are sometimes called *pontoons*, and the bridge formed of them is accordingly a *pont-on-bridge*.

PORT-HOLES—the embrasures in the side of a ship of war, through which the guns are pointed.

POSTERN—a small gate, usually in the angle of the flank of a bastion, or in that of the curtain, or near the orillon, descending into the ditch; called also the *sally-port*.

PRIVATEER—a ship of war, owned and equipped by a private man or men, at his or their expense, to seize or plunder the ships of an enemy in war. Such ships must, however, be licensed or commissioned by government, otherwise it is a pirate.

PROTEST—a solemn declaration of opinion, commonly against some act.

QUARTER-MASTER—an officer in the army, whose business it is to attend to the quarters for the soldiers, their provisions, fuel, forage, etc. The *quartermaster-general* marks the marches and encampments of the army, the head-quarters, etc.

RAMPART—an elevation or mound of earth round a place capable of resisting cannon shot, formed into bastions, curtains, etc.

RATION—a fixed allowance of provisions, drink, and forage, assigned to each soldier in any army for his daily subsistence, and for the subsistence of horses. In the U. S., rations are rated at 30 cents a day—subsistence for horses \$8.00 a month.

RECONNOITER—to inform one's self by ocular inspection of the situation of an enemy, or of the nature of ground.

REVEILLE—the beat of drum, about day-break, to arouse the soldiers, and to notify to the sentinels to cease challenging.

RICOCHET—a method of firing cannon, loaded with a small charge and elevated from three to six degrees, so that the ball may bound and roll along inside of the enemy's rampart; this is called *ricochet firing*, and the batteries are termed *ricochet-batteries*.

RIFLED CANNON—like an ordinary cannon, except that the bore has spiral channels or grooves cut in it, as in common rifles.

SAP—a trench for undermining, or an approach made to a fortified place by digging, or under cover. The single sap has only one parapet, the double has one on each side, and the flying is made with gabions, etc. In all saps traverses are left to cover the men.

SCARP—the inner talus or slope of the ditch, next to the place at the foot of the rampart.

SHELLS—a hollow ball of iron, which, being filled with gunpowder or other explosive material, and so constructed by means of fuse that, when fired from mortars or cannon, burst in pieces.

SHELLS—are shells filled with a quantity of musket-balls, which, when the shells explode, are projected 150 yards from them.

SQUAD—a party of soldiers less than a platoon.

SQUADRON—a body of cavalry of from 100 to 200 men.

STOCKADE—a sharp stake or post set in the earth, more properly a line of such posts set up as a fence or barrier.

SWIVEL—a small cannon provided with a joint that is capable of being turned round.

TERREPLEIN—the top platform or horizontal surface of the rampart on which the cannon are placed.

TRENCHES—ways hollowed in the earth, and in form of a fosse, having a parapet toward the place besieged, called *lines of approach*, or *lines of attack*; or a work raised with fascines, gabions, wool sacks, etc., to cover the men from the fire of the besieged.

TRUNNION—the trunnions of a piece of ordnance are two knobs, which project from the opposite sides, and serve to support the piece on the cheeks of the carriage. The *trunnion plates* are the two plates in traveling carriages, mortars, and howitzers, which cover the upper parts of the side pieces, and go under the trunnions. The *trunnion ring* is the next before the trunnions.

TUMBRIL—a two-wheeled carriage, used in carrying the tools of the pioneers and miners, and occasionally the money and ammunition of the army.

VEDETTE—a sentinel on horseback.

ZOUAVE—The original Zouaves were branches of the French army in Algeria, composed of Arabs and Moors. They were afterward recruited with French soldiers of tried courage and ability. This name, with a portion of the peculiar drill, has been introduced in this country.

THE UTILITY OF REFUSE THINGS.

The prussiate of potash is made in large quantities in Cincinnati, from the hoofs, horns, and other refuse of slaughtered gruntings.

Cow-hair, taken from the hides in tanneries, is employed for making plastering mortar, to give it a fibrous quality.

Sawdust is sold for sprinkling the floors of markets. It is also used for packing ice for shipping.

The rags of old, worn-out shirting, calico dresses, and the waste of cotton factories, are employed to make the paper upon which these lines are printed.

Old ropes are converted into fine note paper, and the waste paper itself, which is picked up in the gutters, is again converted into broad, white sheets, and thus does duty in revolving stages.

The parings of skins and hides, and the ears of cows, calves, and sheep, are carefully collected and converted into glue.

The finer qualities of gelatine are made from ivory raspings—the bones and tendons of animals.

Bones converted into charcoal, by roasting in retorts, are afterward employed for purifying the white sugar with which we sweeten our coffee, etc.

The ammonia obtained from the distillation of coal in making gas, is employed for saturating orchil and cudbear, in making the beautiful lilac colors that are dyed on silk and the fine woolen goods.

Carbonic acid, obtained in the distillation of coal tar, is employed with other acids to produce beautiful yellow colors on silk and wool.

The shavings of cedar wood, used in making pencils, are distilled to obtain the otto of cedar wood.

Brass filings and old brass kettles are re-melted and employed to make the brass work of printing-presses and pumps.

Old copper scraps are used in the construction of splendid bronze chandeliers, for illuminating our churches and the mansions of the wealthy.

Old horse-shoe nails are employed to make the famous steel and twist barrels of fowling-pieces.

COAL MINES.

Coal is widely distributed over the world, although some countries are more favored than others. England, France, Spain, Portugal, Belgium, Sweden, Poland, and Prussia have their beds of coal. It is also found abundantly in Asia, Africa, and South America, but nowhere is the coal formation more extensively displayed than in the United States, and nowhere are its beds of greater thickness, more convenient for working, or of more valuable quality. There are within the limits of the United States no less than four coal-fields of enormous dimensions. One of these, the Appalachian coal-field, commences on the north, in Pennsylvania and Ohio, sweeping south through Western Virginia and Eastern Kentucky and Tennessee, and extends even into Alabama. Its area is estimated at about 60,000 square miles. A second occupies the greater portion of Illinois and Indiana; in extent almost equal to the Appalachian. A third covers the greater portion of Missouri, while a fourth occupies the greater portion of Michigan. Just out of the limits of the United States, in New Brunswick and Nova Scotia, there is still a fifth, occupying, according to Mr. Lyell, an area of 36,000 square miles. Besides these, there are several others of less extent.—*Le Cont's Smithsonian Lecture.*

STRENGTH.

In strength there ever dwells of right
Some quality of noble name,
Which through base uses keeps allight
A remnant of celestial flame,
And can not leave him wholly vile
Within whose breast it takes abode,
Since this one spot, this little isle,
Must still retain the stamp of God.
In him who, not of kings the heir,
Carves out a crown by kingly work,
Must needs be that some virtue rare,
Some god-like moral grace doth lurk.
This, shining forth, shall color lend
To wrong, or questionable act,
Till the world dreams a righteous end
Where only sophists can defend,
And Faith becomes the slave of Fact.
Yet it is an effeminate thing,
A woman weakness still to crave
For works that made the world to ring
Or setting up some idol king,
For violence pronounce him brave.
For stronger far, and in their strength,
More honorably due to fame,
Are they who through the stormy length
Of combat keep a flawless name;
Who, reddened to the brows with strife,
Have nourished hearts not cruel still;
Men who, though widely taking life,
Shed blood for conscience' sake, not will—
Who sheath'd the sword when peace might be,
And, bravely glad, confessed it gain;
In whose severe sublimity
Envy detects no fatal stain;
Men of a perfect mold; and such,
Who knew themselves and knew their time,
We can not honor over-much
In story or in rhyme.
Strong is the statesman who can wield
A nation to his single will—
Teach its blind passions how to yield,
And lordly destinies fulfill;
Who to one point, what'er befall,
Makes every shapeless purpose bend,
Becoming all things unto all,
So he may gain an end.
Yet greater oit is nil success—
Later in time they reap applause,
Whom factions could not ban nor bless—
Found brave enough to lose a cause;
Who, 'mid a groveling race and prone,
Walked honestly, erect and proud;
Who dared not flie to gain a throne,
Nor struck their colors to a crowd.
Such shall not lack renown till when
Cometh an iron age at last,
Sneering at all that makes us men,
Cursed with condemnings of the past;
Who, reaping where they have not sown,
Wax selfish in their base degree;
Who thiek the breath they breathe their own,
And slur the light by which they see.
This is the noblest strength to seek,
And fadeless still the crown remains,
Which once He wore who, strongly weak,
On Calvary was wrung with pails.
To suffer, and without complaint,
Makes grandeur more divine than all;
This to high places lifts the faint—
This is the hero's coronal.
To wither in a dark disgrace,
Which half a word might wipe away,
And clothed with calumny to face
Contempt and hatred day by day,
Because the half word that would change
Our destiny were best unsaid—
O wide and elevated range
Of hea ts to worthy interests wed!
So blest the fame-regardless thought,
Which, to divine attractions true,
Feels that the life which hath been taught
To suffer hath been taught to do.

—Blackwood's Magazine.

LUNACY.

Dr. HILL, Superintendent of the Asylum at Columbus, O., says:

A citizen of this State married an intelligent lady, who bore him ten children. After the birth of the first three the father became very intemperate, and during his career as an inebriate four children were born to him. He then reformed entirely and had three others. The first three were smart and intelligent, and became useful men and women, and so of the last three. Of the four born to him during his inebriety, two have died in the lunatic asylum, another is there, and the fourth is an idiot! This is not an isolated case. The demonstration is complete and certain, and there is no room left for doubt as to the cause of idiocy and insanity in these cases. Thus an intemperate man or woman transmits a depraved constitution and an impaired intellect to children, and even grandchildren. The statistics in regard to the idiots of Massachusetts, published a few years since, furnished a volume of proofs to the same general statement. The more this subject is investigated, the more certain it will be shown, that the use of liquors is impairing the health and reason and shortening the lives, not only of those who drink, but of their descendants. In self-defense, the State will, sooner or later, be compelled to interpose its strong arm, or the race will be deteriorated physically, intellectually, morally, and socially. If a man has a constitutional right to degrade himself below the level of a decent brute, he has no right to people the land with imbeciles and lunatics.

We have in our work, "Hereditary Descent" (price 87 cents), endeavored to set this matter before the public in its true light. There is no subject of greater importance to us as a nation. As well expect grapes from thorns or figs from thistles, as that those whose physical constitutions are enfeebled should produce healthy offspring.

We admire Dr. Andrew Combe for his writings and teachings; but that feature in his character which outshines all the rest, is the self-denial with which he imposed upon himself a life of celibacy rather than bequeath to his children those diseases which he well knew were so deeply seated in his own constitution. Sound bodies are essential to sound minds, but perfect children can not be produced by parents either mentally or physically diseased.

CHOICE OF A PHYSICIAN.—Rhazes, an Arabian writer, a Persian by birth, and one of the most distinguished professors at the University of Bagdad at the close of the ninth and the commencement of the tenth century, thus advises as to the choice of a medical attendant:

Ascertain with care the antecedents of the individual to whom you propose to intrust that which is dearest to you, namely your health, your life, and the health and life of your wife and your children.

If that individual wastes his time in frivolous pursuits, or in parties of pleasure, or if he cultivates too curiously arts foreign to his profession, as music or poetry; or if, especially, he be addicted to wine, beware how you intrust to such hands so precious a deposit.

He only merits your confidence who has applied himself at an early age to the study of medicine, attended upon able masters, seen many sick, and joins personal observation to a diligent perusal of the best writers; for it is impossible to witness everything, or investigate everything for yourself. The knowledge and experience of all men and all ages is like a small thread of water by the side of a mighty river.

GENERAL LAWS FOR THE COLLECTION OF DEBTS IN CALIFORNIA.

THE District Courts have jurisdiction on all sums over \$200.

Justices' Courts have jurisdiction on all sums not exceeding \$200.

Proceedings by attachment are allowed:

FIRST.—On contracts, express or implied, for the direct payment of money, which contracts are made or are payable in this State, and not secured by mortgage, lien, or pledge, on real or personal property; or, if so secured, that such security has been rendered nugatory by the act of the defendant.

SECOND.—In an action upon a contract, express or implied, against a defendant not residing in this State. The attachment may be issued at the time the suit is commenced,

Debts due the defendant may be garnisheed, and all his property may be attached, except that protected by the exemption laws.

Proceedings by NE EXEAT not allowed.

DEBTOR'S PROPERTY EXEMPT.—A homestead worth \$5,000.

Necessary household furniture, and a variety of things incident to trades, professions, and callings.

But nothing is exempt from execution on a judgment rendered for the price thereof.

FRAUDULENT CONVEYANCES.—All conveyances, transfers, or assignments of goods, chattels, or things in action, made for the use of the person making the same, shall be void as against creditors, existing or subsequent.

All voluntary assignments made to trustees for the benefit of creditors, whether preference is given or not, are void.

HUSBAND AND WIFE.—All property held by either, before marriage, is separate property; all acquired after marriage is common property, except that by gift, bequest, devise, or descent, which is separate property.

No dower is allowed.

Upon the dissolution of the community by death, one half of the common property shall go to the survivor, and the other half to the descendants of the deceased; if no descendants, then the whole goes to the survivor.

Upon the dissolution of the community by decree, the Court may order a division, as it may be advised, in cases where the ground of divorce is adultery or extreme cruelty. Other wise the same shall be divided as common property.

The husband has the absolute control of the common property, with full power of disposition, except as to the homestead.

HOMESTEAD.—The homestead, to the value of \$5,000, is protected against the debts of either husband or wife.

No mortgage or incumbrance can be made upon it by either, or both husband and wife. They can sell it, but not affect it otherwise, either directly or indirectly. They may abandon it by a writing, acknowledged and recorded in the same manner as deeds are acknowledged and recorded.

LIMITATION OF ACTIONS.—An action upon any judgment contract, obligation or liability, or for damages obtained, executed or made out of this State, can only be commenced within two years from the time the cause of action accrued.

An action may be commenced within four years after maturity upon a contract or liability founded on an instrument of writing made or payable in this State.

An action on a contract made or payable in this State, not in writing, may be brought within two years after maturity.

On a book account, two years.

During the absence of the defendant from the State, the statute does not run.

An action to recover possession of land must be brought within five years.

DEEDS AND MORTGAGES.—If acknowledged or proved without this State, and within the United States, must be by some judge or clerk of any Court of the United States, or of any State or Territory having a seal, or by any commissioner appointed by the government of this State for that purpose.

INSOLVENT LAW.—There is an insolvent law in force in this State, but a citizen of this State can not be relieved from his liabilities contracted out of this State with citizens of other States by virtue of said law.

NEW MODE OF PRODUCING INSSENSIBILITY.

HYPNOTISM, or the art of producing insensibility by the action of a glittering object on the visual organs, is becoming all the rage in the French hospitals. A patient has undergone amputation of the hip-joint at Poitiers, under the influence of this new anesthetic agent.

The *Gazette des Hopitaux* (*Gazette of the Hospitals*) relates the following curious experiments on fowls, which proves beyond a doubt that hypnotism, or nervous slumber, may be produced on animals as well as on man. Dr. Michea, the author of these experiments, having placed a hen on a bench painted green, and about a yard and a half in length, and made an attendant hold it still, drew a line of chalk from the root of the beak, the point of which rested on the bench, all along the latter to its opposite extremity. The hen, which before the operation had been struggling violently, and turning its eyes in all directions, in the course of about two minutes kept looking fixedly at the line of white chalk. Soon after it winked rapidly, then opened its beak, and fell over on one side. Immediately its head, legs, and body were repeatedly pricked with needles, without its betraying the slightest symptom of pain. The operator turned its head right and left, and ultimately forced it under its wing, and in all these different positions it remained passive and immovable. This state continued for about three minutes, when the hen came spontaneously to itself again. It first shook its head, then suddenly getting up, shook it again several times, moved its eyes about, and then began to run. It was caught again, and the chalk rubbed off its beak, as also from the bench; after which they endeavored to make it remain still, as before, but in vain; moreover, the slightest pricking caused it to cry with pain. These experiments were variously repeated, and always with the same success. We may here remark that the act of making a hen lie still by drawing lines with chalk on its head, along and across its back, is very old, and is mentioned in various books of legerdemain, with the explanation that by that process the hen thinks itself tied down; nevertheless, Dr. Michea's experiments are highly interesting, he being the first who has connected this well-known trick with the phenomenon of hypnotism, and shown that under such circumstances the hen is insensible, a fact which had quite escaped the notice of the vulgar.

HEALTH AND HAPPINESS.

HEALTH is to be regarded as the chief of earthly blessings. It is one upon which all others must, in a great measure, depend. It has also more to do for the mind than has been supposed. Strength of intellect, moral power, serenity of temper, all derive more or less from physical health of the individual. And happiness has certainly this for its material foundation. Of what value is a fine mansion to the owner who is bed-ridden? A sumptuous table to a miserable dyspeptic? Parks and shaded avenues to a man with the gout? Carriages, horses, servants, every luxury, to one who is ever tormented with rheumatic twinges? The plowboy who goes whistling to the field, full of rosy-hued health, may well be envied by the consumptive landholder or banker, who watches him, while he sits coughing in his lordly chamber. And what think you the faded, ailing, carefully preserved woman of fashion would give, to exchange her false curls and cosmetics for the natural ruddy hues and glowing beauty of her washerwoman's daughter?

We may have wealth, friends, books, splendid drawing-rooms, the finest pew in church, everything that money can command—still, the enjoyment of every blessing refers back to health. The apprentice in the gallery enjoys the play more in one evening, at the modest cost of two shillings, than Mrs. Weaknerves in her expensive box during the whole season. Old Asthmatic's magnificent estate is not a tenth part as much as his woodchopper's, who goes singing in the woods every morning, with his ax on his shoulder and his luncheon in his pocket.

Health, then, is to be prized first of all; and no blessing of minor importance can sanely be purchased at its expense. To its maintenance or restoration, riches, pursuits, and, more than all, pleasures, are to be freely sacrificed, if necessary. What use is a trade or profession to him who has broken his constitution in obtaining it? How much better for himself, yonder sickly and effeminate clergyman would have done, had he neglected theology and given more attention to his bowels! What are all pleasures now to the wretched sensualist, whose capacity for enjoyment has been destroyed by perversion and excesses? And what is wealth to him who has expended all the vital essence and exuberant juice of his constitution in a life of toil and care?

Printers, editors! ponder these questions—and endeavor to enact measures for at least a partial emancipation from the fetid, stifling, consumptive-engendering, brain searing city printing offices, and enjoy more of nature and nature's manifold. —*The Printer*.

[The above is all right so far as it goes, and we rejoice to see that the editor of the *Printer* is looking in the right direction. But why not go farther. There is not one printer (or other man, for that matter) in twenty who knows how to enjoy nature to its full extent, or if he does, is not physically able to do it. To enjoy nature one must first obey all her laws, not occasionally, under the direction of a physician, but always, every day and everywhere, sleeping or waking, in the house or out of door, eating, drinking, or fasting, at work or at play. Health is the normal condition of man, and aside from accidents and hereditary influences, may be possessed by all who will pay regard to nature's laws. To explain these laws, and point out the means of securing health and its attendant blessings is the object of the *WATER-CURE JOURNAL*. The editor of the *Printer* can do a world of good by calling the attention of his readers, who as a class are not healthy or long lived, to the proper application and use of Hygieia's four great agents—*air, exercise, food, and water*.]

FACTS FOR FARMERS.

If you invest money in tools, and then leave them exposed to the weather, it is the same as loaning money to a spendthrift without security—a dead loss in both cases.

If you invest money in books and never read them, it is the same as putting your money into a bank, but never drawing either principal or interest.

If you invest your money in fine stock, and do not feed and protect them, and properly care for them, it is the same as dressing your wife in silk to do kitchen work.

If you invest your money in choice fruits, and do not guard, and give them a chance to grow and prove their value, it is the same as putting a good hand into the field with poor tools to work with.

If you invest your money in a good farm, and do not cultivate it well, it is the same as marrying a good wife, and so abusing and enslaving her as to crush her energies and break her heart.

If you invest your money in a fine house, and do not cultivate your mind and taste so as to adorn it with intelligence and refinement, it is as if you were to wear broadcloth and a silk hat to mill.

If you invest your money in fine clothing, and do not wear it with dignity and ease, it is as if a plowman were to sit at a jeweler's table to make and adjust hair springs.

If you invest your money in strong drink, it is the same as turning hungry hogs into a growing corn field—ruin will follow in both cases.

If you invest your money in every new wonder that flaming circulars proclaim, it is the same as buying lottery tickets at a lottery office, where there are ten blanks to one prize.—*Valley Farmer.*

BODILY HEALTH.

BEAUTY has its foundation in physical well-being. Health has its laws, which must be understood and obeyed; and these laws are clearly indicated in our physical and mental constitutions. They demand:

1. Proper food and drink, in such quantities as the system is capable of readily assimilating.
2. Air and sunlight in abundance.
3. Sufficient exercise, rest, and sleep.
4. An agreeable temperature.
5. Perfect cleanliness.

Do you envy the good looks of your neighbor Brown's plump and rosy-cheeked daughter? Do you think poor Molly possesses some cosmetic that is beyond your reach? By no means. The whole secret of a full form and rosy cheeks lies in pure blood, manufactured from wholesome food, by healthy and active vital organs, oxygenated and vitalized in well-expanded lungs, and kissed by the life-giving sunlight on the surface of the warm cheek. She who will have the color she covets on any other terms, must buy it of the apothecary, and renew it every time she makes her toilet.

The questions, "What shall we eat, and what shall we drink?" can not be discussed here; but I can not forbear a single remark. No other single circumstance, probably, is so inimical to female beauty in this country as our excessive consumption of swine's flesh. Gross food induces grossness of body. Pork, in its various forms, is excellent food for negroes. Their lives bring them into close relations with "hog and hominy." White men engaged in active out-door employments can eat it moderately with impunity; but for women—American women, and especially Southern women—nothing can be more inappropriate or more harmful, as a common article of diet.—D. H. JACQUES, in *Southern Cultivator*.

Scissorings.

WHY is a retired carpenter like a lecturer? Because he's an ex-planer.

"FRIEND, the Bible tells thee to swear not at all." "Oh, well, I don't swear at all; I swear only at those I am mad at."

THE gold-hunters at Pike's Peak find that the bright visions with which they started, should have been provisions.

"MR. CROW, I bought a yard of nice pork today." "How can you buy pork by the yard?" "Why, buy three feet—pigs feet."

A COQUETTE may be compared to tinder, which lays out to catch sparks, but does not always succeed in lighting a marriage.

SUPPOSE a scolding wife should get drowned, what single letter in the alphabet would express the husband's feelings? Letter B.

FISH, at least, if no other animals, have cause to believe that it is a bad practice to think of rising in life upon somebody's else's hook.

THE darkest scene we ever saw was a darkey in a dark cellar, with an extinguished candle, looking for a black cat that wasn't there.

A POET says: "Oh, she was fair, but sorrow came and left his traces there." What became of the rest of the harness he doesn't state.

A DANDY observed that he had put a plate of brass on his boots to keep him upright. "Well-balanced, by jing," said a Dutchman; "brass at both ends."

A STORY is told of a person asking another one whether he would advise him to lend a certain friend money. "What! lend him money! You might lend him an emetic, and he wouldn't return it."

A PRIDEFUL man, who had won a fat turkey as a prize in a lottery, was very exclusive about the method of obtaining the poultry, satisfied her husband with the remark, that "the shakers gave it."

AN "ARDENT youth," being asked by an enraged sire making love to his daughter, thus describes the effect of the meeting:

"Down on my head his cursed cane
Descended. Bless me how the stars,
In whirling systems through my brain,
Wheeled their red cars!"

A FRENCHMAN, having a violent pain in the stomach, applied to a physician (who was an Englishman) for relief. The Frenchman, in dolorous accents, laying his hand on his breast, said, "Vy, sare, I have ver bad pain in my portmanteau."

"BUT if I put my money in the savings' bank," inquired one of the boys, "when can I draw it out again?" "Oh," responded his Hibernian friend, "sure an' if ye put it into day, you can get it out again to-morrow, by giving a fortnight's notice."

THEY get up model love letters at Cleveland—short, sweet, and spelled upon the principle of complete secession from dictionary rules. Here is one read in court last week: "Deer—thow about not frogottin thares a good tym cummin to me a littel longer."

A GENTLEMAN in the habit of entertaining, very often, a circle of friends, observing that one of them was in the habit of eating something before grace was asked, and determining to cure him upon a repetition of the offense, said: "For what we are about to receive, and for what J—T—has already received, the Lord make us truly thankful." The effect may be imagined.

A POSER.—"I hope you are not going to give this stuff to father," sobbed a little girl as she returned from an apothecary's shop, where she had been sent with a doctor's prescription. "Why not, my child?" inquired the mother, somewhat surprised. "Because," replied the child, "the man took the medicine out of the same bottle that he did the poison the other day for you to kill rats with." "You don't understand science, my dear."

DRINK LESS WITH YOUR MEALS.—Many men have relieved themselves of dyspepsia by not drinking, even water, during meals. No animal, except man, ever drinks in connection with his food. Man ought not to. Try this, dyspeptics; and you will not wash down mechanically what ought to be masticated and insalivated before it is swallowed.

CLEANLINESS.—A preacher, whose text led him to speak of the prophet Jonah, among other things, said: "I am of the opinion that Jonah was a cleanly old man, neither smoking nor chewing, from the fact that the fish retained him so long in his stomach. If the fish had swallowed the house where we are worshipping, he would no doubt have vomited himself to death."

FUN.—Fun is the most conservative element of society, and ought to be cherished and encouraged by all lawful means. People never plot mischief when they are merry. Laughter is an enemy to malice, a foe to scandal, and a friend to every virtue. It promotes good temper, enlivens the heart, and brightens the intellect. Let us laugh when we can.

HOW TO PRESERVE HEALTH.—Medicine will never remedy bad habits. Indulgence of the appetite, indiscriminate dosing and drugging, have ruined the health and destroyed the lives of more persons than famine or pestilence. If you will take advice, you will become regular in your habits, eat and drink only wholesome things, retire and rise very regularly. Make a free use of water to purify the skin; and when sick take counsel of the best practical man you know, and follow nature.

JAPANESE MEDICINE.—An important interview took place at the Japanese departments while in Washington, between a committee of physicians and the three doctors belonging to the embassy, Messrs. Morioka, and Kawasaki, by which it appeared that they are prepared for their profession by a long course of medical study, and of practice in the hospitals, that they practice dissections, and are skilled in obstetrics, and that they understand the action of the heart, and the circulation of the blood. Their remedies are all selected from the vegetable kingdom. They have but little knowledge of surgery, and are anxious to witness operations, and to perfect themselves in surgical science.

ATMOSPHERIC POISON.—People have often said that no difference can be detected in the analysis of pure and impure air. This is one of the vulgar errors difficult to dislodge from the public brain. The fact is, that the condensed air of a crowded room gives a deposit which, if allowed to remain for a few days, forms a thick, glutinous mass, having a strong odor of animal matter. If examined with the microscope, it is seen to undergo a remarkable change. First of all it is converted into a granular growth, and this is followed by the production of multitudes of animalcules—a decisive proof that it must contain organic matter, otherwise it could not nourish organic beings.

PHYSICAL TRAINING.—We to the class or nation which has no manual or physical training! Look at the manners, the morals, the faces of the young men of the shop-keeping classes, if you wish to see the effects of utterly neglecting the physical development of man; of fancying that all the muscular activity he requires under the sun is to be able to stand behind a counter, or sit on a desk stool without tumbling off. Be sure that, ever since the days of the Persians of old, effeminacy, if not twin sister of cowardice and dishonesty, has always gone hand in hand with them. To that utter neglect of any exercise which calls out fortitude, patience, self-dependence, and daring, I attribute a great deal of the low sensuality, the concealed vulgarity, the utter want of a high sense of honor, which is increasing just now among the middle classes; and from which the navigator, the engineer, the miner, and the sailor are comparatively free.—*Kingsley's Miscellanies.*

Advertisements.

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5. We have had over half of these as patients in the Establishment.
6. The remainder have been prescribed for "treatment at home."
7. Of those who have been treated at our Institution, 8. The numbers were about equal of *men and women*.
9. They varied in age, from the child a week old, to the man of 86.
10. They came to us from England, Scotland, Ireland, and Wales.
11. From the Sandwich Islands, from Jamaica, W. I., from Cuba.
12. From 29 States of the Union, and from both the Canadas.
13. They had, or *had had*, very severe complications of disease.
14. They were nearly all chronic invalids from 1 to 15 years' duration.
15. They had exhausted the resources of the drug-system.
16. Many of them had been so thoroughly poisoned by drugs,
17. That while these were in the system, *HEALTH* was impossible.
18. Most of them, also, had largely patronized patent medicines,
19. And had got no more relief thereby than from their drug-doctors.
20. They were men and women of almost every "profession."
21. Clergymen, Physicians, Teachers, men and women of Letters.
22. Lawyers, Politicians, Merchants, Mechanics, Poets, Painters,
23. Clerks in stores, Students at school, Graduates fresh from College,
24. Farmers, operatives in factories, persons of wealth, and the very poor.
25. All, *all alike*; all together forming a *grand army of invalids*.
26. So smitten by disease that life had no pleasures.
27. They carried it as one does an unwelcome burden.
28. Scrofulous, Dyspeptic, Rheumatic, Neuralgic,
29. With congested Brain, with sore eyes, with deafness,
30. And headaches, and Catarrh, and "bunches under the Ears."
31. With Goitre, and sore throat, and Bronchitis; with Asthma.
32. And Hemorrhage of the Lungs, with Pleurisy, and Diphtheria,
33. And Consumption, with "palpitation" and "Heart-disease."
34. With inflammation of the diaphragm, and enlargement of the spleen,
35. "Subject to periodical attacks of the bilious colic," and Diarrhea,
36. To fever and ague, to bilious fever, to typhoid fever.
37. Some of them had torpor of Liver, or enlargement of it.
38. Others had "kidney difficulties," or Bright's disease, as they said.
39. Or congestion of the kidneys, or diabetes, or gravel,
40. Or irritation in the bladder, or "sand in the urine."
41. Or inflammation of the neck of the bladder, or difficulty of urination,
42. Or debility of the Genitals, as SPERMATORRHEA,
43. Of which we have cured over 4,000 young men.
44. Or Gonorrhea, or secondary syphilis, which we can cure
45. Far better and more surely than by mercury or caustics
46. Or varicose veins, or Ulcers, on the legs, or costiveness
47. Or Piles, or Chilblains, or sores on the feet,
48. Or any class of diseases peculiar to woman:
49. For we have treated over 3,000 women for "Female diseases."
50. And we have not prescribed medicine for *one* of them.
51. So, the reader can see *what we are doing*;
52. And if he will read, I will tell him *how* we do it.
53. People generally are under great *delusion*.
54. They think drugs and medicines have great *remedial* power.
55. They do not reflect, that such a notion *must* be false,
56. And that poisons *also* injure those who take them.
57. That the curative force is *in the organism* of the patient,
58. And that Nature *does the cure*, and not the doctor.
59. If they did see this great truth, they would do better.
60. And let alone poisons, which are truly called "DEADLY AGENTS."
61. Two benefits would thus soon follow.
62. *First*—One half of the diseases now so common would disappear.
63. *Seco*d—The other half would be much less complicated,

64. And of course would be much more easily managed.
65. And a greater proportion of the sick would get well.
66. And "the World would be the better for it."
67. For, say what one pleases to the contrary,
68. Sickness is no more necessary or inevitable than Sin.
69. And if persons would live as they *should*, they would be healthy.
70. And, what the sick will think more worth *their* knowing,
71. Is, that if the sick are not incurable, they can get well
72. By strict obedience to the laws of Health.
73. To *teach* these laws is then *in part* our business.
74. The other part is to enjoin obedience to them.
75. If then the sick of either sex who visit Our Home
76. Will but abide our teachings and our practice,
77. They will, they *must* get well, unless they are incurable.
78. For Nature always does the best thing possible,
79. If left to work without obstruction
80. And Nature is *our* mistress. We obey her teachings.
81. She speaks, we listen. Our Home is, then, unlike
82. Those "Water Cures," or "Health Retreats," or "Homes for Invalids,"
83. Where medicines are given, where highly seasoned food is fed,
84. Where Fashion rules, and half the patients are not cured,
85. Where hard water is used, or mineral waters,
86. Where baths are given at random, and *cold* at that.
87. For at Our Home law prevails, order exists,
88. And liberty—not license—is the rule of action.
89. Hence, with us is cherished whatever promotes health,
90. And we disavow ourselves from whatever induces sickness.
91. We believe that Health is the *natural* condition of Man,
92. And that sickness should be his exceptional or incidental state.
93. With us, therefore, the *Laws of Life and Health* are sacred.
94. We seek by studying *them* to know what to do with the sick,
95. And for this purpose to bring into use all hygienic agencies,
96. In such combination, and on so *comprehensive* a scale,
97. That the largest and very *unhappy* condition shall present themselves,
98. Whenever invalids shall come to us, for them to get their health.
99. We are most beautifully and healthfully located
100. On a Hill-side facing south and west, and our scenery
101. Is as fine and picturesque as any in the Union.
102. And our air is so pure and free from fog and miasm,
103. And the water we use so soft, and pure, and cold,
104. And our *rural* surroundings, and our village congeniality,
105. All make our position unsurpassed.
106. Besides, our internal arrangements are of the first order;
107. As thus—Our Home will lodge 150 persons.
108. Its rooms are large, neat, and well ventilated.
109. Our dining-room will seat over 100 persons at once.
110. Our public sitting-room is *cool* in summer's hottest day.
111. As for our food—it has *four* things in its favor:
112. (a) It is made up of the very best articles of its kind.
113. (b) It is cooked as food *should* be.
114. (c) It is set on to the table attractively.
115. (d) There is great variety, and plenty of it.
116. Some people imagine that to have food fit to eat, and to afford nourishment,
117. Invalids, especially, must have abundant supply of *dead animals*,
118. Or else starvation ensues. If they will visit Our Home,
119. We will show them their error, and give them opportunity to see
120. The wondrous changes that we work in this respect,
121. Among our sick ones. For changes no less marked
122. Are seen with us, than Daniel and his comrades underwent
123. In their appearance, when they avoided *heating* foods,
124. And lived on simple pulse. The truth is, that people
125. Do not know how large a range we have
126. From which to gather up our foods, and yet refuse
127. To use those that irritate or tax the vital powers
128. Unduly, of those who eat them.
129. Cookery is an Art, and we have studied it,
130. Not from the point of ministering to *morbid* appetite,
131. But otherwise. With us it is a matter of great moment
132. To find out ways of so preparing food
133. That it shall be healthful and our guests shall relish it.
134. We like to see sick persons eat,
135. And eat plentifully.
136. But then, we do *not* like to see them eat "stuff."
137. Which usually goes by the name of food, and which
138. The more they eat of it, the worse they are.
139. Stimulants are not *so* d. Condiments are not.
140. They only cause the system to expend force,
141. Not husband it. Thousands are there in *this* land
142. Who are sick from *want* of food. And yet they eat enough—

143. In fact, they *gluttonize*, and yet are starved.
144. Poor creatures! how little they know of life and health,
145. And their true method of evolvment. With them,
146. Eating is a farce, or would be, did not their sickness
147. Chiefly depend upon it. As it is, it is a vice
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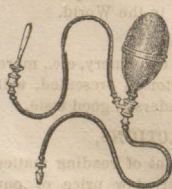
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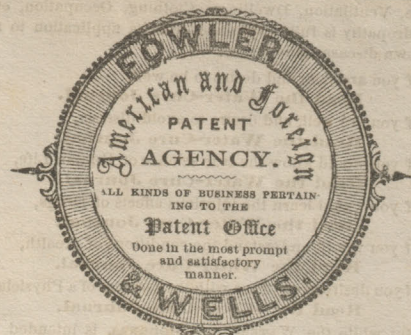
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